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Shrimp Parmesan, *page 63*

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Cuisine FOR TWO

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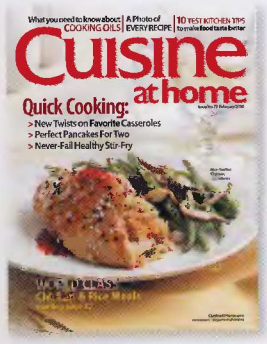
editor's LETTER

It's funny how cooking habits change over time. Newlyweds love discovering and making their favorite meals together — just for the two of them.

When children come along, family meals at home become more important. But there are times (especially when the kids are still young) that a nice "parents" meal for two is a welcome change of pace.

And when the kids leave home, the tug of the kitchen brings couples back to cooking together — just for two, once again.



For more delicious Cuisine for two recipes, look for *Cuisine at home* magazine on newsstands.

Whether you're a new couple, a young family, or empty nesters, we guarantee you'll savor this collection of serves-two dinners.

This book brings together favorite recipes from our popular "Cuisine for Two" section in *Cuisine at home* magazine. From Southwestern Tenderloin Steaks (page 55) to Cheese Tortellini & Butternut Squash with Brown Butter Sauce (page 45), you'll find creative menus that two can enjoy.

These days conventional wisdom reminds us to dine at home more often. Cooking together can be fun, creative, and, of course, less expensive. You can prepare any of the recipes in this book for half the price of what you'd pay for a comparable meal in a restaurant.

Cooking at home is also healthful. All too often restaurants load up each plate to present "a good value." Let's face it, how many times have you been dining at a restaurant and noted how one dish is enough to feed several people! It's just too much — too much food, too rich, too many calories.

We've designed these recipes to balance full-flavor taste with healthful portions. And, with our step-by-step technique photos to guide you, each recipe is a snap to prepare.

Enjoy your dinner tonight — just the two of you.

From the staff of —
Cuisine at home

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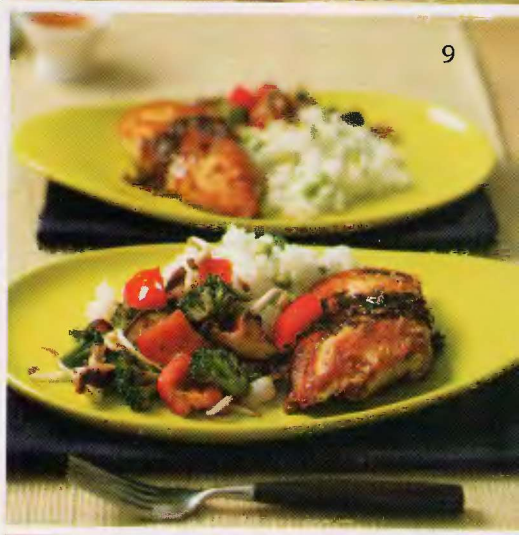

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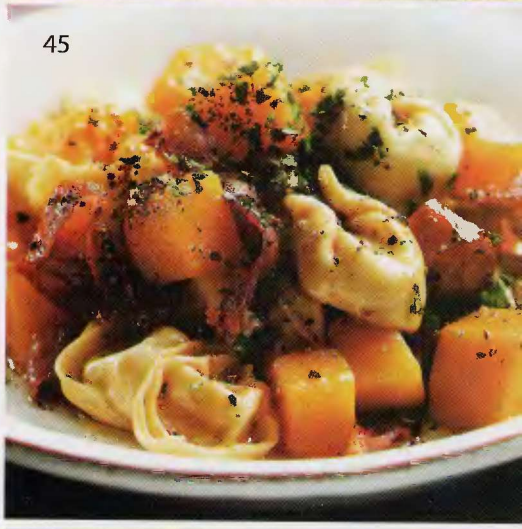

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pantry for two

SHOP SMART, WASTE NOT

Tote your groceries in reusable green bags whenever possible, or keep plastic grocery bags in your car to reuse.

When you're not cooking for a crowd, your pantry and refrigerator don't need to be stockpiled with extras. Though it's nice for a couple to reap the financial benefits of bulk shopping, you also can end up throwing out a cartload of ingredients-gone-bad. Creating the perfect pantry — a balance of must-have staples, convenience items, and healthful, fresh foods — takes strategy. It's especially tough when you want both minimalism and variety. Use the tips below to build a perfectly-suited, well-planned pantry for two.

6 WAYS
TO STOCK UP

1) Think outside the produce aisle. Most grocery stores offer a large and varied selection of fresh fruits and vegetables, but you often end up buying more than you need. If your town has a farmer's market, take advantage of it by selecting only the quantity of produce that you can eat within a week.

Supermarket salad bars are another great resource for couples. Scavenge salad bars to find shredded carrots, broccoli and cauliflower florets, chopped onions and peppers, and fresh fruits. Again, you can buy only the amount you need for two without having to worry about waste.

Don't forget about the freezer aisle. Many frozen vegetables offer the same, if not better, nutritional benefits as fresh produce — but the frozen foods will last up to six months in your freezer.

2) Locally grown flavor. You can't get much more local than your own kitchen counter! Try growing an indoor herb garden, and reap the benefits of fresh flavors for a fraction of the cost. By growing your own herbs, you can snip off just the portion you'll need for a specific meal and leave the rest growing fresh for another day. Favorite herbs of the *Cuisine* editors, and ones that often appear in this cookbook, are basil, chives, cilantro, oregano, parsley, rosemary, and sage.

3) Sometimes bulk is better. Even though you're cooking for only two, sometimes it makes good sense to buy larger quantities of ingredients that you use frequently. Olive oil, mayonnaise, broths, butter, pasta, and rice, for example, can be purchased at lower prices per unit when they're packaged in larger containers.

Just be wary of expiration dates. Can you consume all of the food you're buying before it goes bad?

Try to stick to the basics. A bargain isn't a bargain if you don't use it or it gets in your way. Do you really want a restaurant-size container of pickles taking up space in your refrigerator?

Meat is a high-ticket item that drops in price when it's purchased in bulk. Consider buying 5- or 10-pound bags of boneless, skinless chicken breasts, trays of beef patties or steaks, or large roasts. Divide the meat into individual portions and place enough for two servings in individual freezer bags.

Buying family-size bags of fully-baked or frozen breads and keeping them in the freezer to use as needed also can save you some dough.

4) When a container is half-full. When a recipe calls for only a few tablespoons of a canned item, pour the leftover amount into ice cube trays (1-tablespoon portions). Freeze the cubes until you have another use for a small amount of the ingredient. This trick works with fruit juices, juice concentrate, tomato paste, tomato sauce, coconut milk, and most condiments.

Whenever possible, buy tomato paste and pesto in tubes. After opening, these stay fresh in the fridge.

5) A little organization goes a long way. Stock your pantry shelves logically, placing the foods that you use most often at eye level and toward the front. This will help prevent overbuying staples that you already have on hand.

Place similar ingredients together on your shelves. If you have more than one package or can of the same food, put the more recently-purchased item behind the older one so you'll use older items first. Use small baskets to hold garlic, onions, shallots, and potatoes.

6) Spice strategy for flavorful meals. Try not to go overboard when stocking up on dried spices. While some spice is nice, a lot of spices can cause chaos in your cupboards.

Don't rush out to purchase expensive spices if a stand-in will do. Depending on your taste preferences, oregano or thyme can fill in for basil, while tarragon or parsley can substitute for chervil. Thyme, tarragon, or savory can replace rosemary. Try a dash of hot pepper sauce or cracked black pepper if you don't have red pepper flakes or cayenne pepper on hand. Keep all of those spices in a cool, dark, and dry environment away from the oven or other sources of heat.

15-minute meals
LOOK GOOD, TASTE GREAT!

When you're in a hurry, it's time to think about fast food. No, not the greasy stuff you get at a drive-thru. Save gas, and whip up wholesome dinners at home in 15 minutes flat!

These six recipes have been stripped down to simple, quick-cook ingredients — like pasta, steak, and chicken. With these essentials on hand, a great meal for two is never more than a few minutes away.

niçoise salad with sliced tomato

Use a favorite store-bought vinaigrette dressing, or make your own ahead of time.

- 2 baby red potatoes, chopped
- 1 egg
- 2 oz. fresh green beans, trimmed and chopped
- 1 large tomato, cut into six 1/2-inch slices
- 1 can water-packed white albacore tuna, drained (6 oz.)
- 1/4 cup kalamata olives, halved and pitted
- 3 Tbsp. prepared vinaigrette
- Salt and pepper to taste

Boil potatoes and egg in a pot of water for 8 minutes. Add green beans and cook just until potatoes are tender, 3–5 minutes more. Drain and plunge potatoes, egg, and beans into ice water to cool. Shell and quarter egg; set aside. Reserve four slices tomato; chop remaining two slices.

Toss potatoes, beans, chopped tomato, tuna, olives, and vinaigrette in a bowl; season with salt and pepper.

To assemble, divide reserved tomato slices between two plates. Top slices with niçoise salad mixture and two egg quarters.

Per serving: 389 calories; 22g total fat (3g sat); 126mg chol; 20g carb; 1186mg sodium; 3g fiber; 26g protein

garlicky shrimp with angel hair pasta

- 1/4 lb. dry angel hair pasta
- 2 Tbsp. chopped garlic
- 2 Tbsp. olive oil
- 10 large shrimp, peeled and deveined
- Salt and red pepper flakes to taste
- 2 Tbsp. sliced fresh basil
- Grated Parmesan cheese

Cook pasta in a pot of boiling water according to package directions; drain and set aside.

Sauté garlic in oil in a sauté pan over medium heat for 1 minute. Stir in shrimp; sauté until shrimp are cooked through, about 2 minutes per side. Season with salt and pepper flakes. Pour shrimp and oil over pasta. Add basil, and toss to combine. Serve with Parmesan.

Per serving: 385 calories; 16g total fat (2g sat); 53mg chol; 44g carb; 53mg sodium; 1g fiber; 15g protein

curry chicken
with spinach

- 1/2 cup dry instant rice
- 1 Tbsp. olive oil
- 1/2 lb. chicken tenders, seasoned with salt and pepper
- 1 Tbsp. curry powder
- 1 tsp. minced garlic
- 1 tsp. minced fresh ginger
- 1/2 cup light coconut milk
- 1/2 cup low-sodium chicken broth
- 4 cups chopped fresh spinach
- 1/4 cup canned chickpeas, drained
- Lime wedges

Cook rice according to package directions; set aside.
Heat oil in a sauté pan over medium heat. Add chicken and cook until brown, about 3 minutes per side.
Stir in curry powder, garlic, and ginger; cook for 1 minute. Add coconut milk and broth; bring to a boil. Reduce heat to low; simmer for 1 minute. Add spinach and chickpeas. Cook until spinach wilts, about 2 minutes. Serve with cooked rice. Garnish with lime wedges.

Per serving: 365 calories; 13g total fat (4g sat); 68mg chol; 32g carb; 199mg sodium; 5g fiber; 32g protein

black beans
with rice & bacon

- 1/2 cup dry instant rice
- 1 slice bacon, diced
- 1/4 cup diced onion
- 2 tsp. minced garlic
- 1 tsp. chili powder
- 1 Tbsp. red wine vinegar
- 1 can black beans, drained and rinsed (14 oz.)
- 1/2 cup low-sodium chicken broth
- 1/4 cup diced fresh tomatoes
- Minced scallions

Cook rice according to package directions; set aside.
Sauté bacon in a skillet until crisp. Add onion, garlic, and chili powder; cook 2–3 minutes. Deglaze skillet with vinegar, then add beans, broth, and tomatoes. Bring beans to a boil, reduce to a simmer, and cook for 5 minutes. Crush beans with a potato masher. Serve with cooked rice. Garnish with scallions.

Per serving: 338 calories; 7g total fat (2g sat); 9mg chol; 50g carb; 831mg sodium; 12g fiber; 16g protein

tomato soup
with pasta

- 1/2 cup diced onion
- 1/4 cup diced celery
- 1 tsp. minced garlic
- 1 Tbsp. olive oil
- 1 can diced tomatoes (14.5 oz.)
- 2 cups low-sodium chicken broth
- 1/4 cup dry ditalini or orzo pasta
- Salt and red pepper flakes to taste
- Minced lemon zest, chopped fresh parsley, and grated Parmesan cheese

Sauté onion, celery, and garlic in oil in a saucepan over medium heat for 3–4 minutes. Add tomatoes, broth, and pasta. Bring to a boil and simmer until pasta is cooked through, about 10 minutes. Season with salt and pepper flakes. Serve with zest, parsley, and Parmesan.

Per serving: 252 calories; 8g total fat (2g sat); 5mg chol; 33g carb; 619mg sodium; 3g fiber; 10g protein

essential steak
with crisp green salad

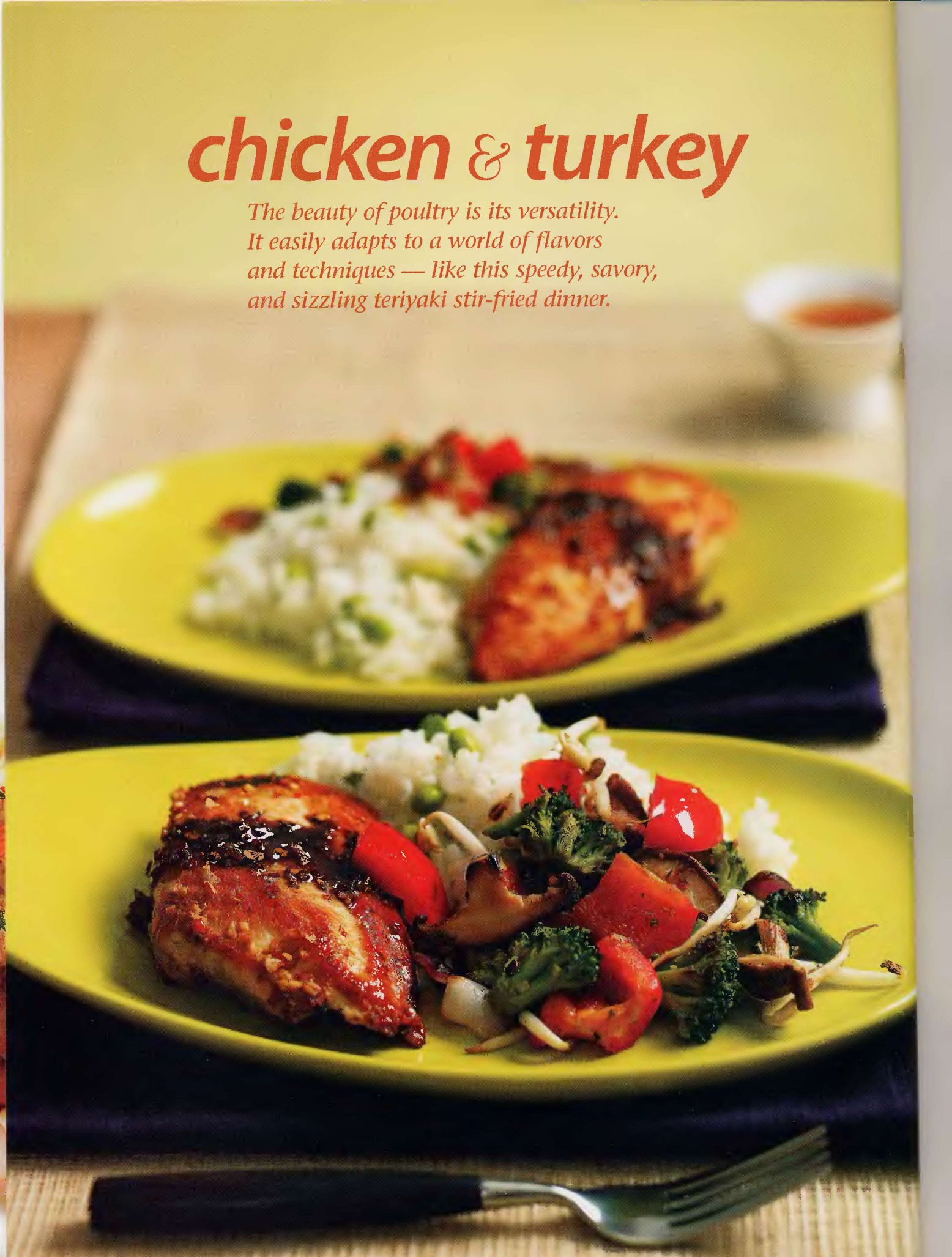
- 2 New York strip steaks, seasoned with salt and pepper (about 6 oz. each)
- 1 tsp. vegetable oil
- 3 Tbsp. minced shallots, divided
- 1/4 cup balsamic vinegar
- 2 Tbsp. crumbled blue cheese
- 2 Tbsp. white wine vinegar
- 2 Tbsp. olive oil
- 1 tsp. Dijon mustard
- 4 cups crisp salad greens
- Salt and pepper to taste

Sauté steaks in oil in a nonstick skillet over medium-high heat for 3 minutes per side. Remove from heat; let steaks rest for 3 minutes.
Add 2 Tbsp. shallots to skillet; sauté about 1 minute. Add balsamic vinegar; cook until liquid is reduced by half, about 1 minute. Pour sauce over steak; garnish with blue cheese.
Whisk together vinegar, oil, remaining 1 Tbsp. shallots, and Dijon in a bowl. Season with salt and pepper. Toss greens with vinaigrette. Serve with steak.

Per serving: 615 calories; 45g total fat (14g sat); 100mg chol; 13g carb; 272mg sodium; 2g fiber; 40g protein

chicken & turkey

The beauty of poultry is its versatility. It easily adapts to a world of flavors and techniques — like this speedy, savory, and sizzling teriyaki stir-fried dinner.



teriyaki chicken breasts
with stir-fry vegetables

For crisp-tender vegetables and lightening-fast stir-frying, prep all of your ingredients and arrange them close at hand before turning on the stove.

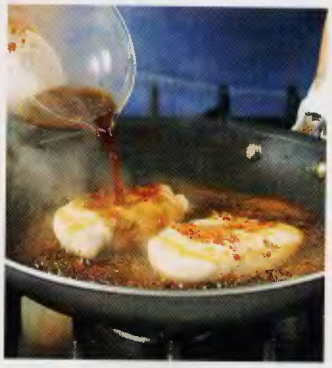
Makes 2 servings; Total time: 30 minutes

- 3 Tbsp. low-sodium chicken broth
- 2 Tbsp. sherry or dry white wine
- 1 Tbsp. brown sugar
- 1 Tbsp. minced garlic, divided
- 1 Tbsp. minced fresh ginger, divided
- 4 tsp. low-sodium soy sauce
- 1 tsp. balsamic vinegar
- Juice of 1/2 a lemon
- Pinch of red pepper flakes
- 2 boneless, skinless chicken breast halves (about 5 oz. each)
- 2 tsp. olive oil, divided
- 1 cup frozen broccoli florets, thawed
- 1/2 cup diced red bell pepper
- 1/2 cup sliced shiitake mushrooms
- 1/2 cup diced red onion
- 1/2 cup fresh bean sprouts, rinsed

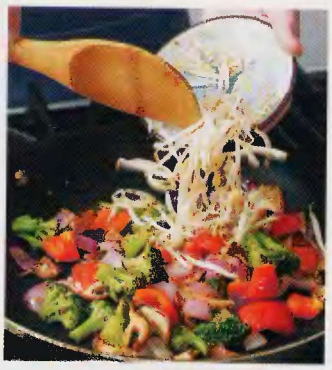
Combine broth, sherry, brown sugar, 2 tsp. *each* of garlic and ginger, soy sauce, vinegar, lemon juice, and pepper flakes for the teriyaki sauce in a bowl. **Sear** chicken breasts in 1 tsp. oil in a nonstick skillet over medium-high heat. Cook until deeply brown on both sides, about 3 minutes per side. Deglaze pan with sauce mixture and simmer until sauce is reduced to a syrup, about 3 minutes more. Transfer chicken and sauce (there won't be much) to dinner plates; tent to keep warm. Wipe skillet with a paper towel.
Stir-fry broccoli, bell pepper, mushrooms, and onion with remaining garlic and ginger in remaining 1 tsp. oil in the skillet over medium-high heat. Cook until vegetables are barely tender, 3–4 minutes. Off heat, stir in sprouts. Serve rice and vegetables with prepared chicken breasts.

Per serving: 332 calories; 7g total fat (1g sat); 83mg chol; 29g carb; 501mg sodium; 5g fiber; 38g protein

Using the edge of a spoon to skin a knob of fresh ginger is easier than using a vegetable peeler.



The pan should be very hot when the sauce mixture is added. The sauce will thicken as it reduces.



Add the bean sprouts last because they only need to heat through and not actually cook.

sweet & sour rice

Look for shelled edamame beans and not edamame pods.

Makes 2 servings
Total time: 20 minutes

- 1 cup water
- Pinch of salt
- 1/2 cup dry short-grain white rice
- 2 Tbsp. rice vinegar
- 2 tsp. sugar
- Pinch of salt
- 1/2 cup frozen edamame, thawed

Bring salted water to a boil in a saucepan. Add rice; cook, covered, over low heat for 15 minutes. Fluff rice with a fork.
Combine vinegar, sugar, and salt in a bowl, stirring until sugar is dissolved. Drizzle hot rice with the syrup, tossing so it's absorbed into the grains. Stir in edamame; cover and keep rice warm.

Per serving: 239 calories; 2g total fat (0g sat); 0mg chol; 47g carb; 36mg sodium; 2g fiber; 8g protein

GOOD TO KNOW
FROZEN VS. FRESH

These recipes call for frozen broccoli and edamame. Freezing tenderizes vegetables and streamlines cooking. Studies have shown that frozen produce offers nearly the same nutrients and health benefits as fresh, and sometimes more. This is because picking and rapidly freezing vegetables and fruits preserves their nutrients at their peak of freshness.

bubbling over
SODA 'POPS' THIS CHICKEN

There's just something exceedingly cool about the blast of bubbles and cloud of steam you get when the soda first hits the pan.

fizzy chicken
with rice & lemon vinaigrette

For a more colorful option, add some fresh seeded and diced tomato to the lemon vinaigrette for the chicken.

Makes 2 servings; Total time: 30 minutes

FOR THE VINAIGRETTE—

- 2 Tbsp. lemon juice
- 1 Tbsp. chopped fresh chives
- 1 Tbsp. honey
- 1 tsp. Dijon mustard
- 2 Tbsp. vegetable oil

FOR THE CHICKEN AND RICE—

- 2 boneless, skinless chicken breast halves (about 5 oz. each)
- Salt and pepper
- 1/3 cup dry converted white rice
- 2 Tbsp. all-purpose flour
- 1 Tbsp. vegetable oil
- 1/4 cup club soda
- 1 1/2 tsp. unsalted butter
- 1/4 tsp. red pepper flakes
- 2 Tbsp. grated Parmesan cheese
- 2 Tbsp. heavy cream
- 1 1/2 tsp. unsalted butter

Combine lemon juice, chives, honey, and Dijon in a bowl. Drizzle in 2 Tbsp. oil, whisking constantly until mixture is thoroughly combined.
Trim chicken breasts of fat, then season with salt and pepper. Meanwhile, cook rice according to package directions.
Dredge chicken in flour; sauté in 1 Tbsp. oil in a large skillet over medium-high heat until golden, about 2 minutes. Flip chicken; sauté 1 minute more.
Deglaze pan with club soda, reduce heat to medium, and add 1 1/2 tsp. butter and pepper flakes. Cover and simmer until liquid is syrupy, about 5 minutes; turning chicken to coat. Keep chicken warm over low heat.
Combine cooked rice with Parmesan, cream, and another 1 1/2 tsp. butter. Serve chicken breasts with lemon vinaigrette and Parmesan rice.

Per serving: 642 calories; 36g total fat (12g sat); 123mg chol; 41g carb; 257mg sodium; 0g fiber; 40g protein

Drizzle the oil for the vinaigrette into the lemon mixture; whisk constantly until emulsified.

Dredge chicken in plenty of flour; as it sautés it forms a crust and thickens the soda to a glaze.

Deglaze the pan with soda to loosen the crust on the bottom. Simmer until sauce is syrupy.

vegetable melange

Use fast-cooking vegetable ribbons to create the perfect side dish.

Makes 2 servings
Total time: 20 minutes

- 2 carrots
- 1 zucchini
- 1 Tbsp. unsalted butter
- 2 tsp. minced fresh parsley
- Salt to taste

Shave carrots and zucchini into ribbons using a vegetable peeler.
Melt butter in a large sauté pan over medium heat. Add vegetable ribbons, cover with a tight-fitting lid, and cook until vegetables are tender, 2–3 minutes.
Off heat, add parsley and salt.

Per serving: 78 calories; 6g total fat (4g sat); 15mg chol; 6g carb; 39mg sodium; 2g fiber; 1g protein

GOOD TO KNOW
FIZZY WATER

Club soda, seltzer, and sparkling water are all carbonated waters. They were invented to mimic therapeutic mineral waters popular at 19th-century spas. In general, they may be substituted for one another in this recipe. Some true mineral waters, however, contain more dissolved minerals than most carbonated waters. As a result, they taste much saltier.

one-pot luck
DINNER IN 30 MINUTES

It's not easy finding recipes that are quick, yet hearty and satisfying. This colorful chicken and vegetable hash does the trick.

chicken hash
with squash & kale

Butternut squash is probably the easiest winter squash to peel and cut, but any hard squash will work well in this recipe.

Makes 2 servings (4 cups); Total time: 30 minutes

- 2 cups peeled, seeded butternut squash, cut into large chunks
- 2 cups stemmed, chopped kale
- 1/2 lb. boneless, skinless chicken thighs, cut into 2-inch chunks
- Salt and pepper
- 1 Tbsp. olive oil
- 1/2 cup sliced red onion
- 1/2 cup dried cranberries
- 2 tsp. minced fresh sage
- 1/4 cup low-sodium chicken broth
- 1/4 cup pure maple syrup
- 1 1/2 tsp. Dijon mustard

Blanch squash in a large pot of boiling salted water until almost cooked through, 3–4 minutes. Off heat, stir in kale and let stand, uncovered, for 3 minutes; drain vegetables and set aside. Season chicken chunks with salt and pepper.

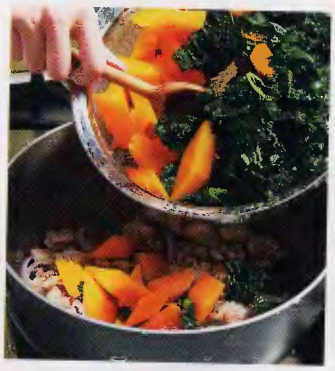
Heat oil in same pot over medium-high heat and sauté until chicken pieces are browned on all sides.

Add onion; sauté 2 minutes. Stir in reserved squash and kale, cranberries, and sage; sauté 1 minute more.

Whisk together broth, syrup, and Dijon; pour over hash. Simmer until liquid reduces by half, about 2 minutes. Adjust seasoning before serving.

Per serving: 556 calories; 12g total fat (2g sat); 95mg chol; 91g carb; 207mg sodium; 8g fiber; 28g protein

After blanching the vegetables, brown the chicken; then add the onion and cook until it softens.



Stir in squash, kale, cranberries, and sage. Cook briefly to keep softening the vegetables.

Pour the broth-syrup mixture over the chicken and vegetables; simmer to reduce liquid.

cheddar-apple english toasts

A classic snack of Cheddar and apple makes a snappy side dish.

Makes 2 servings (4 muffin halves)
Total time: 10 minutes

- 2 whole-wheat English muffins
- 1/2 cup grated sharp Cheddar cheese
- 12 slices Braeburn or Fuji apple, tossed with lemon juice

Preheat broiler to high. Place 2 Tbsp. Cheddar on each muffin half. Broil until cheese melts and begins to bubble, 1–2 minutes. Top each muffin with three apple slices and serve.

Per serving: 224 calories; 17g total fat (3g sat); 5mg chol; 39g carb; 640mg sodium; 8g fiber; 14g protein

GOOD FOR YOU
KALE

It's sad to think that most of our experiences with kale have been the ornamental type restaurants use to garnish dinner plates. This cold-weather leafy green has a long list of concentrated health benefits. It stands out as a food that may protect against cancer, and it's an excellent source of vitamins K, A, and C.

magnificent MEDITERRANEAN CHICKEN

This mouthwatering main dish salad spotlights a culinary cross-pollination of sun-bright and earthy flavors from Greece, Morocco, and Italy.

lemon-cumin chicken
with mediterranean salad

Find bags of Mediterranean-blend salad mixes in the produce aisle — they're typically a mixture of romaine, radicchio, and escarole.

Makes 2 servings (6 cups salad); Total time: about 50 minutes

FOR THE VINAIGRETTE—
- 2 Tbsp. lemon juice
- 1 Tbsp. red wine vinegar
- 1 tsp. honey
- 1 Tbsp. olive oil
- Salt and pepper to taste

FOR THE CHICKEN—
- 1½ tsp. ground cumin
- ¼ tsp. paprika
- Pinch of salt and pepper
- 1 Tbsp. olive oil
- 2 boneless, skinless chicken breast halves (about 5 oz. each)

FOR THE SALAD—
- 3 cups Mediterranean-style lettuces or chopped romaine
- ½ cup seeded, thinly sliced cucumber
- ¼ cup diced jarred roasted red peppers
- ¼ cup canned chickpeas, drained and rinsed
- ¼ cup halved pitted kalamata olives
- ¼ cup crumbled feta cheese
- ¼ cup sliced scallions
- ¼ cup torn fresh parsley
- 2 Tbsp. sliced banana pepper rings

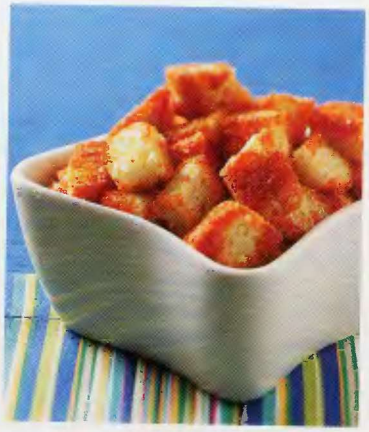
Whisk together lemon juice, vinegar, and honey for the vinaigrette. Drizzle in oil and seasonings; set aside.
Combine cumin, paprika, salt, and pepper for the chicken on a plate; coat both sides of chicken in spice mixture. Heat oil in a nonstick skillet over medium-high heat and sauté chicken on both sides until cooked through, 10–12 minutes. Let rest 5 minutes, then slice.
Toss lettuce, cucumber, red peppers, chickpeas, olives, feta, scallions, parsley, and banana pepper rings with vinaigrette in a bowl. Divide between two plates. Top with sliced chicken.

Per serving: 506 calories; 27g total fat (5g sat); 90mg chol; 22g carb; 1110mg sodium; 5g fiber; 41g protein

Combine seasonings on a plate, then press chicken into mixture to coat the pieces.

Allowing chicken to rest before slicing it across the grain yields pieces that are tender and juicy.

Toss salad with vinaigrette. Use your hands to thoroughly mix and coat the ingredients.



garlic croutons

Use these crispy fresh homemade croutons to top any tossed salad.

Makes 2 servings
Total time: 10 minutes

- 1½ tsp. unsalted butter
- 1½ tsp. olive oil
- ½ cup French bread cubes
- ½ tsp. paprika
- ¼ tsp. granulated garlic

Heat butter and oil in a nonstick skillet over medium-high heat. Add bread cubes; sauté, stirring often, until toasted, 3–4 minutes. Stir in seasonings, cook 1–2 minutes, and remove from heat.

Per serving: 89 calories; 7g total fat (2g sat); 8mg chol; 6g carb; 63mg sodium; 0g fiber; 1g protein

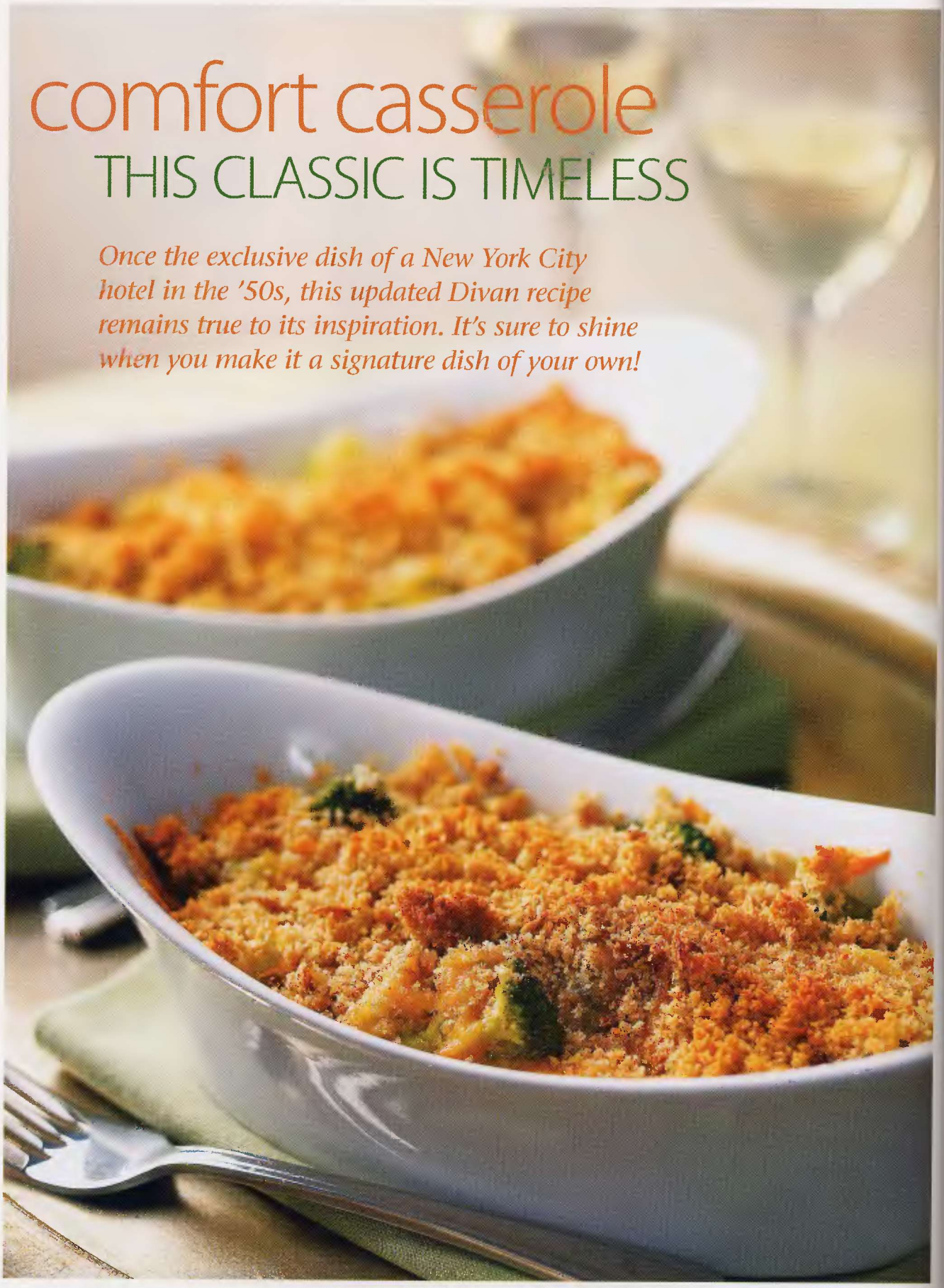
ALL ABOUT FETA

Feta cheese is Greek in origin. By law in Europe, it must be made from sheep and goat's milk. In the United States, feta cheese can be made from cow's milk. Ounce for ounce, sheep's milk feta is one of the lowest fat, whole milk cheeses available. Preserved in brine, feta contains a lot of sodium — that's why even a little goes a long way.

comfort casserole

THIS CLASSIC IS TIMELESS

Once the exclusive dish of a New York City hotel in the '50s, this updated Divan recipe remains true to its inspiration. It's sure to shine when you make it a signature dish of your own!



chicken divan casserole
with mushrooms & crumb topping

Making the lightly curried sauce from scratch transports this casserole a long way from the once-popular versions made with canned soup.

Makes 2 servings; Total time: about 1 1/4 hours

FOR THE SAUCE—
- 1/4 cup minced shallots
- 1/4 tsp. curry powder
- 1 Tbsp. unsalted butter
- 2 Tbsp. all-purpose flour
- 1 1/2 cups milk
- 3/4 cup low-sodium chicken broth
- 1 egg yolk, lightly beaten
- Juice of 1/2 a lemon
- Salt and cayenne pepper to taste

FOR THE FILLING—
- 1 1/2 cups button mushrooms, halved
- Salt and pepper to taste
- 1 Tbsp. unsalted butter
- 1 slice rye bread, toasted, torn
- 1 cup cubed rotisserie chicken
- 1 cup frozen broccoli florets
- 1/2 cup grated Cheddar cheese (2 oz.)

FOR THE TOPPING—
- 2 slices rye bread, buttered

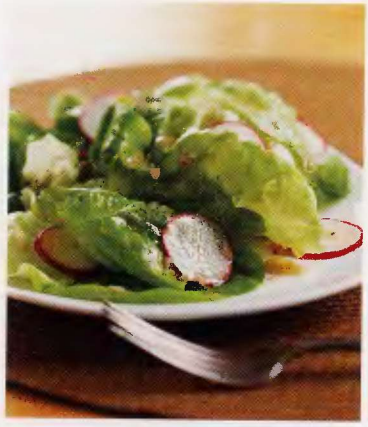
Preheat oven to 375°.
Sauté shallots and curry powder in 1 Tbsp. butter in a saucepan over medium heat. Add flour; cook 1 minute. Whisk in milk and broth; simmer over medium-high heat until thickened, about 5 minutes, stirring often.
Whisk some of hot sauce into egg yolk. Stir yolk mixture back into sauce. Reduce heat to low, and cook sauce for 1 minute, stirring constantly. Off heat, stir in lemon juice, salt, and cayenne.
Sauté mushrooms and seasonings in 1 Tbsp. butter in a nonstick skillet over medium heat until browned.
Divide toasted bread, chicken, broccoli, and mushrooms between two (3-cup) casserole dishes. Pour half the sauce over each; top with cheese.
Process 2 slices rye bread in a food processor to make coarse crumbs, then divide between casseroles. Place dishes on a baking sheet and bake until divan is brown and bubbly, 35–40 minutes.

Per serving: 601 calories; 20g total fat (10g sat); 201mg chol; 58g carb; 782mg sodium; 7g fiber; 50g protein

To prevent yolk from cooking, temper it by whisking some of the hot sauce into it.

Sauté mushrooms until they're deep brown and there's no moisture left in the skillet.

Layer bread, chicken, and vegetables in casserole dishes, then ladle sauce over top.



vinaigrette salad

This light side salad is just right to serve with a classic casserole.

Makes 2 servings
Total time: 15 minutes

- 2 Tbsp. red wine vinegar
- 4 tsp. olive oil
- 1 tsp. minced shallot
- 1 tsp. Dijon mustard
- 1/4 tsp. sugar
- Salt and pepper to taste
- 4 cups lettuce leaves, such as Boston or Bibb
- 2 radishes, sliced

Whisk together vinegar, oil, shallot, Dijon, and sugar for the vinaigrette. Season with salt and pepper.
Toss lettuce and radishes with vinaigrette to coat.

Per serving: 53 calories; 5g total fat (1g sat); 0mg chol; 2g carb; 22mg sodium; 1g fiber; 1g protein

GOOD TO KNOW
TEMPERING

The sauce in this recipe is thickened and enriched with an egg yolk, but you can't add the yolk directly to the hot sauce or it will simply scramble. The yolk first needs to be "tempered" by whisking some of the hot milk mixture into it. Then it can be added to the rest of the white sauce, stirring over low heat to finish thickening the sauce.

asian influence

CARAMEL GETS A NEW LOOK

If you've been curious about Vietnamese food, this adaptation of a popular dish is a good introduction. It features all the flavors of that cuisine — sweet, bitter, salty, and sour.

vietnamese caramel chicken with fresh herbs

Fish sauce is an essential part of Southeast Asian cooking. Find this salty, brown, and strongly scented condiment in many supermarkets.

Makes 2 servings; Total time: about 45 minutes

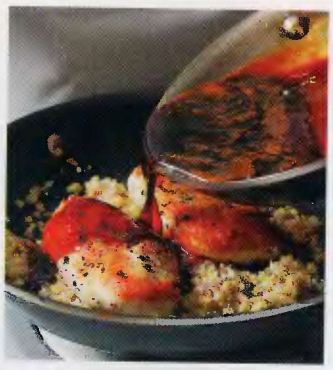
- 3/4 cup dry jasmine rice
- 1 1/2 cups water
- Pinch of salt
- 1/2 cup sugar
- 1/4 cup low-sodium chicken broth
- 2 Tbsp. fish sauce
- 2 boneless, skinless chicken breast halves (about 5 oz. each)
- 2 Tbsp. vegetable oil, divided
- 2 Tbsp. minced fresh ginger
- 1 Tbsp. minced shallots
- 1 Tbsp. minced garlic
- 1 tsp. seeded, minced jalapeño pepper
- 1/4 cup bias-sliced scallions
- 2 Tbsp. torn fresh mint leaves
- 2 Tbsp. torn fresh cilantro leaves
- 2 Tbsp. torn fresh basil leaves

Prepare rice as directed on package, using 1 1/2 cups water and a pinch of salt; keep rice warm off heat.
Melt sugar in a small skillet over medium-high heat until sugar turns the color of iced tea, 5–7 minutes. Combine broth and fish sauce. Carefully add broth mixture to caramel; whisk until smooth. Remove from heat; set sauce aside.
Sear chicken in 1 Tbsp. oil in a nonstick skillet over medium-high heat, 3–4 minutes per side. Transfer to a plate; wipe out skillet.
Sauté ginger, shallots, garlic, and jalapeño in 1 Tbsp. oil in the skillet over medium heat about 1 minute.
Add chicken and caramel; turn chicken to coat. Simmer until caramel thickens and chicken cooks through, 3–5 minutes.
Combine scallions, mint, cilantro, and basil. Serve chicken over rice. Drizzle chicken with sauce and sprinkle scallion-herb mixture on top.

Per serving: 552 calories; 16g total fat (3g sat); 83mg chol; 70g carb; 1427mg sodium; 1g fiber; 38g protein

When making caramel, don't stir sugar with a spoon. Instead, swirl the skillet.

Since the caramel is still on heat, carefully add broth mixture. The caramel will bubble furiously.



The caramel sauce will thicken as it simmers with the aromatics and chicken.

cucumber-peanut salad

This "sour" salad nicely balances the caramel-sweetened chicken.

Makes 2 servings
Total time: 10 minutes

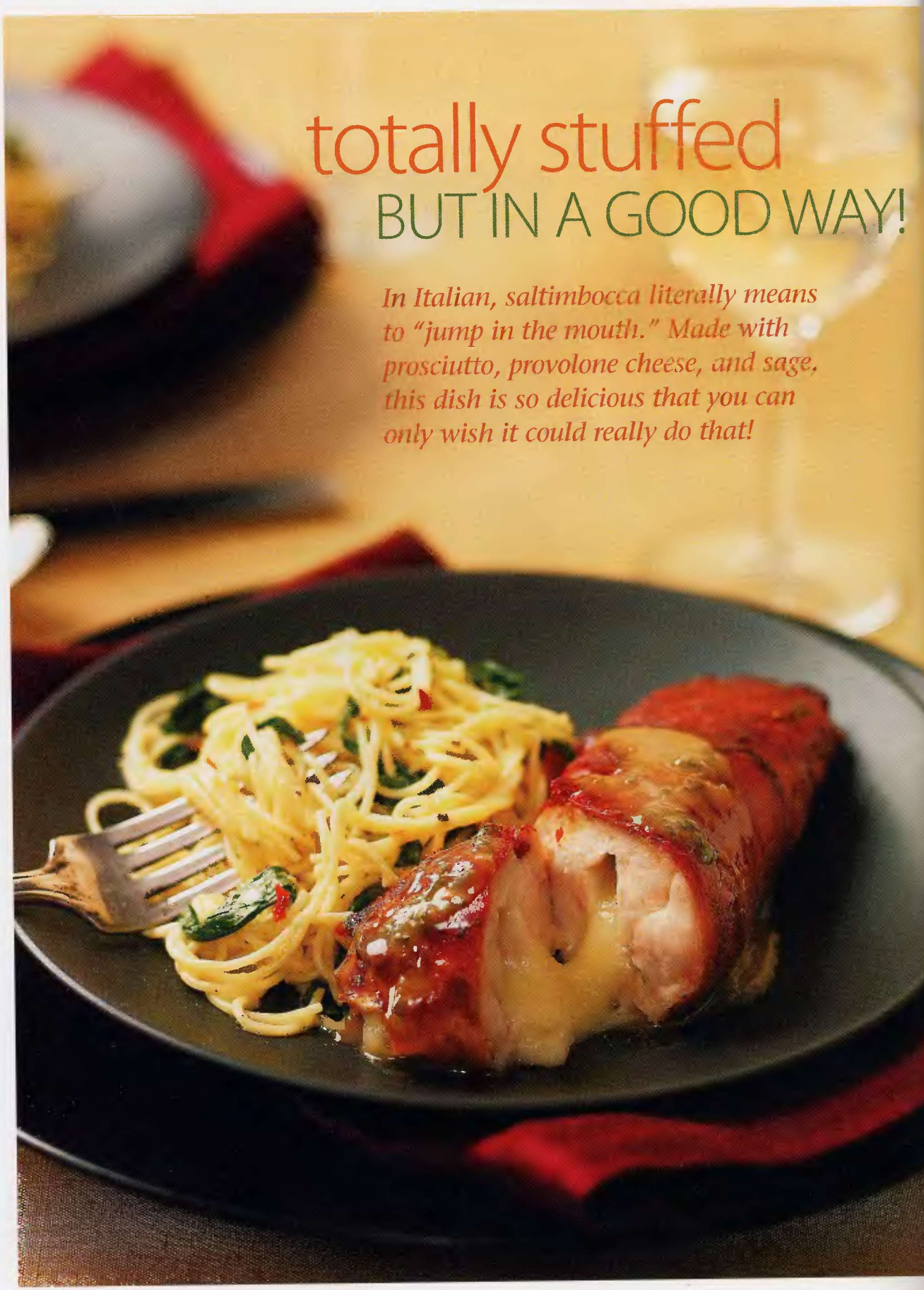
- 1 cup seeded, thinly sliced cucumber
- 1/4 cup slivered red onion
- 1/4 cup rice vinegar
- 2 tsp. sugar
- 1/4 tsp. red pepper flakes
- Pinch of salt
- Chopped dry-roasted peanuts

Combine cucumber, onion, vinegar, sugar, pepper flakes, and salt in a bowl. Let marinate at least 15 minutes at room temperature.
Garnish salad with peanuts just before serving.

Per serving: 54 calories; 2g total fat (0g sat); 0mg chol; 8g carb; 3mg sodium; 1g fiber; 2g protein

GOOD TO KNOW
CARAMEL

This caramel is simply melted, darkened sugar. Be careful not to overcook it, otherwise the sauce will be too bitter. And don't stir the sugar as it melts, just swirl it in the skillet. Stirring with a spoon may cause the melted sugar to crystallize into a grainy mess. If that happens, start over in a clean skillet.



totally stuffed
BUT IN A GOOD WAY!

In Italian, saltimbocca literally means to "jump in the mouth." Made with prosciutto, provolone cheese, and sage, this dish is so delicious that you can only wish it could really do that!

saltimbocca chicken breasts
with sage pan sauce

Sautéing the chicken in a mixture of olive oil and butter allows for cooking at a higher smoking point while also imparting a buttery taste.

Makes 2 servings; Total time: 30 minutes

FOR THE CHICKEN—

- 2 boneless, skinless chicken breast halves (about 5 oz. each)
- Ground black pepper
- 2 oz. provolone cheese, cut into two sticks
- 4 slices prosciutto
- 1 tsp. olive oil
- 1 tsp. unsalted butter

FOR THE SAUCE—

- 1 Tbsp. minced shallots
- 1 tsp. unsalted butter
- 1/4 cup dry white wine
- 1/3 cup low-sodium chicken broth
- Juice of 1/2 a lemon
- 2 Tbsp. butter, softened
- 1 tsp. minced fresh sage

Preheat oven to 400°. Bring a pot of salted water to a boil to cook pasta. **Season** chicken with pepper, cut a slit in each, then stuff with cheese. Wrap each breast with two overlapping slices of prosciutto.

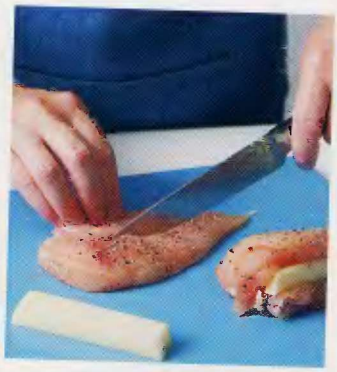
Sauté chicken in oil and 1 tsp. butter in a nonstick skillet over medium-high heat. Cook, turning to brown all sides, 6–8 minutes total. Place chicken bundles on a rack set on a baking sheet; transfer chicken to oven for 5 minutes to finish cooking. Remove chicken and let it rest 5 minutes before serving.

Sauté shallots for sauce in 1 tsp. butter over medium-high heat using same skillet in which chicken was browned. Cook until shallots are soft, about 1 minute.

Deglaze pan with wine; simmer over high heat until liquid nearly evaporates. Add broth and lemon juice; simmer until liquid is reduced by half, about 3 minutes. Stir in 2 Tbsp. butter and sage.

To serve, place one chicken bundle on each of two plates; drizzle with sauce.

Per serving: 493 calories; 30g total fat (16g sat); 165mg chol; 6g carb; 1067mg sodium; 0g fiber; 49g protein



Cut a slit in each chicken breast. Place cheese in slit, then wrap bundles with prosciutto slices.

Turn chicken bundles frequently while sautéing to brown them on all sides.

Swirl butter and sage into the sauce. Don't boil the sauce or it will separate.

creamy arugula pasta

Pasta with greens complements the classic flavors of saltimbocca.

Makes 2 servings (2 1/2 cups)
Total time: 15 minutes

- 4 oz. dry angel hair pasta
- 3 Tbsp. heavy cream
- 2 Tbsp. grated Parmesan cheese
- 1 egg yolk
- 1 tsp. minced lemon zest
- Pinch of red pepper flakes
- Salt and pepper to taste
- 1 cup torn arugula

Cook pasta in boiling water for 4 minutes. In a bowl, whisk together the cream, Parmesan, egg yolk, zest, pepper flakes, salt, and pepper; top with arugula. **Drain pasta**; add it to the bowl. Toss to coat pasta with sauce and to wilt the arugula.

Per serving: 346 calories; 14g total fat (7g sat); 138mg chol; 42g carb; 140mg sodium; 1g fiber; 12g protein

GOOD TO KNOW
ARUGULA

Most people think of arugula as a recent addition to our cuisine. This "luxury" salad green was a staple of pre-World War II gardens, where it was often called "rocket". Used in Italian cuisine before Rome was even a village, arugula is completely appropriate in this meal. As a bonus, this peppery herb is loaded with vitamin C and iron.

a little something
TO JUST WHIP UP...

It's 5:30 on a weeknight, and you're at the store to grab some ingredients for dinner. What are you going to make? This recipe makes the choice clear. It's ultra-simple, but it looks and tastes ultra-gourmet!

chicken breasts
with mushroom-artichoke ragu

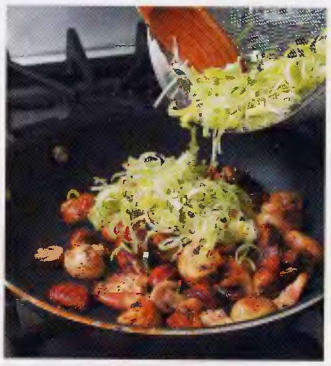
Rinse and drain canned artichoke hearts to remove any residual salty, tinny taste that they may have picked up.

Makes 2 servings (2 cups ragu); Total time: about 45 minutes

- 3 cups shiitake, crimini, and/or button mushrooms, halved (quartered if large)
- 2 Tbsp. olive oil, divided
- 1 cup thinly sliced leeks, rinsed
- 2 boneless, skinless chicken breast halves (about 5 oz. each)
- Salt and pepper
- 1/2 cup dry Riesling or white wine
- 1/2 cup low-sodium chicken broth
- 1 Tbsp. unsalted butter, softened
- 1 Tbsp. all-purpose flour
- 1 tsp. apple jelly
- 4 canned artichoke hearts, quartered
- 1 tsp. minced fresh tarragon
- Salt and pepper to taste

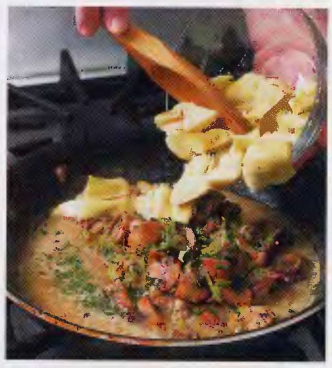
Sauté mushrooms in 1 Tbsp. oil in a nonstick skillet over medium-high heat. Cook until browned, 5–7 minutes, tossing occasionally. Add leeks and cook until wilted, 3 minutes. Remove mushrooms and wipe out the skillet. **Sear** chicken in remaining 1 Tbsp. oil in the pan until brown on one side, about 4 minutes. Flip chicken over and sear it 3 minutes. Deglaze pan with wine and broth; cover and simmer 8–10 minutes. **Blend** butter and flour. Transfer chicken to cutting board, cover, and keep warm. Bring wine mixture to a simmer over high heat; whisk in the jelly and about 2 tsp. of the butter-flour mixture. Use more butter-flour mixture if needed. Cook until thickened, about 3 minutes. **Add** reserved mushroom mixture, artichoke hearts, tarragon, salt, and pepper to sauce. To serve, slice chicken and arrange on plates with mashed potatoes and ragu.

Per serving: 473 calories; 22g total fat (6g sat); 99mg chol; 20g carb; 312mg sodium; 3g fiber; 39g protein



Add the leeks only after the mushrooms are caramelized and any moisture has evaporated.

Deglaze pan with wine and broth — the sweetness of Riesling makes a mildly flavored sauce.



Stir artichokes and mushroom mixture into sauce with tarragon; warm through.

buttermilk mashed potatoes

Start the mushrooms and chicken while the potatoes are cooking.

Makes 2 servings
Total time: 25 minutes

- 2 russet potatoes, peeled and cubed
- 1/2 cup buttermilk
- 1 Tbsp. unsalted butter
- Salt, white pepper, and ground nutmeg to taste

Boil potatoes in salted water until tender, about 12 minutes. **Drain** potatoes; return them to pan to dry over medium heat. Stir potatoes until a film forms in pan. **Off heat,** mash potatoes with buttermilk, butter, salt, pepper, and nutmeg. Cover potatoes and keep them warm.

Per serving: 216 calories; 7g total fat (4g sat); 20mg chol; 33g carb; 63mg sodium; 3g fiber; 6g protein

GOOD FOR YOU
BUTTERMILK

Decades ago, people drank buttermilk like regular milk. Now, it's mostly used in cooking because of its tangy flavor. The sour taste is caused by a high level of lactic acid. Like yogurt, the bacteria in buttermilk makes it easily digested and increases the absorption of calcium and protein. Maybe the old folks were onto something?

sublime simplicity
ROCKS THE CASBAH

Inspired by a type of Moroccan stew called a tagine [tah-ZHEEN], this spicy dish features flavorful and inexpensive chicken thighs which are ideal because they won't dry out.

spiced chicken thighs
with olives & chickpeas

To reduce fat, use skinless thighs, and sauté them only about 6 minutes per side.

Makes 2 servings; Total time: about 45 minutes

FOR THE RUB—

- 1 tsp. paprika
- 1 tsp. ground coriander
- 1/2 tsp. ground cumin
- 1/4 tsp. ground cinnamon
- 1/4 tsp. red pepper flakes
- Pinch of salt

FOR THE STEW—

- 1 Tbsp. olive oil
- 4 bone-in chicken thighs (4-5 oz. each)
- 1/2 cup diced onion
- 1 Tbsp. minced fresh ginger
- 1 Tbsp. minced garlic
- 1/4 tsp. red pepper flakes
- 1 cinnamon stick
- 1/4 cup dry white wine
- 1 tsp. tomato paste
- 1 cup chopped tomatoes
- 1/2 cup low-sodium chicken broth
- 1/2 cup canned chickpeas, drained and rinsed
- 1/2 cup pitted halved kalamata olives
- 1 Tbsp. honey
- 1 lemon, cut into wedges
- 1 bay leaf
- Chopped fresh parsley

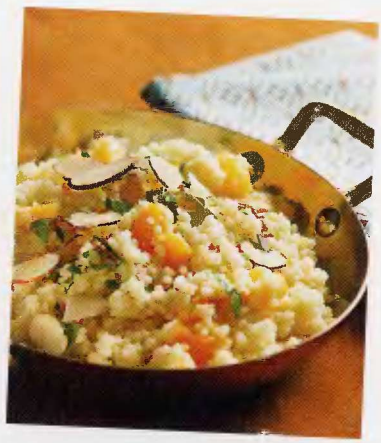
Combine ingredients for the rub and smooth over chicken; let stand 5 minutes. Heat oil in a skillet over medium heat; add chicken, skin side down, and sauté until browned on both sides, 10 minutes total. Remove chicken and pour off all but 1 Tbsp. drippings.
Add onion to skillet; sauté 3 minutes. Stir in ginger, garlic, pepper flakes, and cinnamon stick; cook just until fragrant, about 1 minute.
Deglaze skillet with wine and tomato paste, stirring to combine. Simmer until liquid evaporates.
Stir in tomatoes, broth, chickpeas, olives, honey, lemon, and bay leaf. Arrange chicken on top, cover, and reduce heat to medium-low. Simmer until chicken is cooked through and sauce is reduced, 20–25 minutes.
Sprinkle with parsley and salt.

Per serving: 682 calories; 44g total fat (10g sat); 159mg chol; 31g carb; 706mg sodium; 5g fiber; 39g protein

Rub spice mixture evenly over chicken for maximum flavor; sauté thighs then set aside

Deglaze sautéed aromatics with wine and tomato paste, scraping the bottom of the skillet.

Arrange sautéed chicken over tomatoes and other ingredients. Reduce heat, cover, and simmer.



ginger apricot couscous

Almonds and apricots in couscous round out the dinner theme.

Makes 2 servings
Total time: 10 minutes

- 1 cup low-sodium chicken broth
- 1/2 cup dry couscous
- 2 Tbsp. diced dried apricots
- 1 tsp. minced ginger
- Pinch *each* salt and cinnamon
- Toasted almonds

Bring chicken broth to a boil in a small saucepan. Stir in couscous, apricots, ginger, salt, and cinnamon. Cover, remove from heat, and steam for 5 minutes. Fluff couscous with a fork. Serve garnished with toasted almonds.

Per serving: 196 calories; 1g total fat (0g sat); 3mg chol; 39g carb; 74mg sodium; 3g fiber; 8g protein

GOOD TO KNOW
STORING SPICES

To maintain freshness, store spices in your freezer. If you prefer to keep spices at room temperature, make sure they aren't exposed to strong light from a window or to high temperatures, like those present near a stove. Ground spices will stay potent for a few months, whole spices for up to a year.

it may be small
BUT IT'S MIGHTY

Don't let the pressure of coming up with new ideas for dinner weigh you down. Think of making this simple Cornish hen recipe — it's a definite winner!

bricked cornish hen
with garden succotash

This hen cooks under the weight of a brick, and a smaller skillet helps to reflect heat. The result? A hen that tastes like it's been slow-roasted.

Makes 2 servings (1 hen); Total time: 45 minutes

- 1 Rock Cornish game hen, thawed if frozen (2¼–2½ lb.)
- Salt and pepper
- 1 Tbsp. olive oil

Prepare the hen by first removing the backbone with shears or a sharp knife. Discard the backbone. Open the halves like a book; then carefully split the hen in two through the breastbone. Use a paring knife to remove any shards or sharp broken pieces. Season both sides with salt and pepper.

Heat oil in a large sauté pan over medium heat. Place hen halves, skin side up, in the pan. Rest a smaller skillet and a foil-wrapped brick on top; sear for 9 minutes.

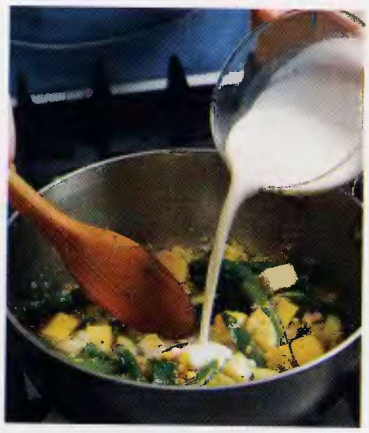
Remove the skillet and brick, turn the halves over, and place only the brick on top. Sauté another 9 minutes, or until a meat thermometer reads 170° when inserted into the thigh. Transfer hen halves to plates to serve.

Per serving: 378 calories; 28g total fat (7g sat); 170mg chol; 0g carb; 102mg sodium; 0g fiber; 29g protein

Use kitchen shears to cut along both sides of the hen's narrow backbone. Discard backbone.

With a sharp knife, split the hen in half through the breastbone. This will take a little muscle.

After the hen is flipped, weight it with a brick. Moisture escapes and makes the skin crispy.



garden succotash

Makes 2 servings
Total time: 15 minutes

- 1 Tbsp. unsalted butter
- 1 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 cup cubed yellow squash
- 1 cup cubed zucchini
- ¾ cup sugar snap peas
- ⅔ cup fresh or frozen corn kernels (1 ear)
- 2 Tbsp. water
- ¼ cup heavy cream
- ½ cup diced red bell pepper
- ½ cup chopped fresh basil
- 1 tsp. minced fresh thyme

Melt butter with oil in a saucepan over high heat. Add garlic; sauté 30 seconds. Stir in zucchini, peas, corn, and water. Cook until vegetables are slightly softened, about 3 minutes. Add cream and cook just until thickened, 2–3 minutes. Stir in bell pepper, basil, and thyme.

Per serving: 356 calories; 25g total fat (12g sat); 56mg chol; 31g carb; 27mg sodium; 7g fiber; 6g protein

GOOD TO KNOW
GAME HENS

This little bird is misleading in a couple of ways. First, it's not a game bird but rather a hybrid chicken. A cross of Cornish and Plymouth Rock chickens, there is controversy regarding where and when the breed was developed. What you get at the store may not be a hen at all, since both male and female birds are brought to market.

turkey's SECOND SEASON

Overlooked during most of the year, turkey is a natural for grilling. Here herb-marinated turkey tenderloin is served with a lemon sauce brightened by maple syrup and Dijon mustard.

grilled herbed turkey tenderloin
with maple-lemon sauce

Leftover turkey is a treat at Thanksgiving, so why not all year long? Have one tenderloin for dinner tonight and the other for sandwiches tomorrow!

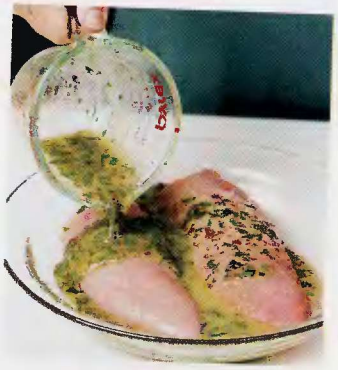
Makes 2 servings; Total time: 40 minutes

FOR THE MARINADE—
- 1/4 cup olive oil
- 3 Tbsp. chopped fresh parsley
- 2 Tbsp. chopped fresh oregano
- Pinch of red pepper flakes
- Salt and pepper to taste
- 2 turkey tenderloins (about 12 oz. each)

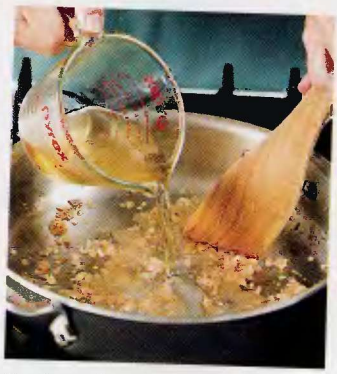
FOR THE SAUCE—
- 1 strip bacon, diced
- 2 Tbsp. minced shallots
- 2/3 cup dry white wine
- 2/3 cup apple juice
- 3 Tbsp. pure maple syrup
- 2 tsp. Dijon mustard
- Juice of 1/2 a lemon
- 1 Tbsp. unsalted butter, softened
- 1 tsp. all-purpose flour
- 2 Tbsp. chopped fresh chives

Coat grill with nonstick spray; preheat to medium.
Combine oil, parsley, oregano, pepper flakes, salt, and pepper. Place turkey in a large resealable plastic bag or pie dish; cover with marinade; chill 15 minutes.
Sauté bacon in a small sauté pan over medium heat until crisp; drain on paper towels. Pour off all but 1 Tbsp. drippings. Add shallots to pan and cook until soft, about 1 minute. Deglaze pan with wine and apple juice; simmer 3 minutes. Whisk in syrup, Dijon, and lemon juice; bring sauce to a simmer.
Blend butter and flour. Whisk it into sauce; simmer until thickened, about 2 minutes. Season with salt and pepper.
Grill turkey over direct heat, covered, for 8 minutes, then turn, cover, and cook to 160°, 8–10 minutes more. Let turkey rest 5 minutes before slicing.
To serve, drizzle turkey slices with sauce; sprinkle with reserved bacon and chives.

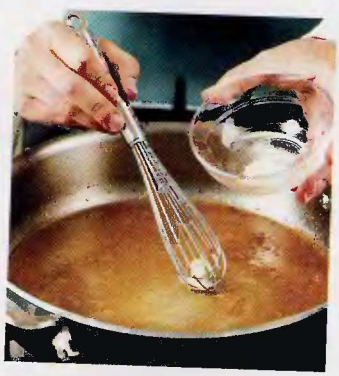
Per serving: 759 calories; 26g total fat (7g sat); 163mg chol; 37g carb; 433mg sodium; 0g fiber; 87g protein



For even flavor, coat both sides of the turkey, turning meat once or twice while it is marinating.



Deglaze the pan with combined wine and apple juice, scraping up the browned bits as you do.



Whisking in softened butter mixed with flour is a classic method of thickening any sauce.

pattypans & peas

If you can't find pattypan squash, substitute summer squash.

Makes 2 servings
Total time: 15 minutes

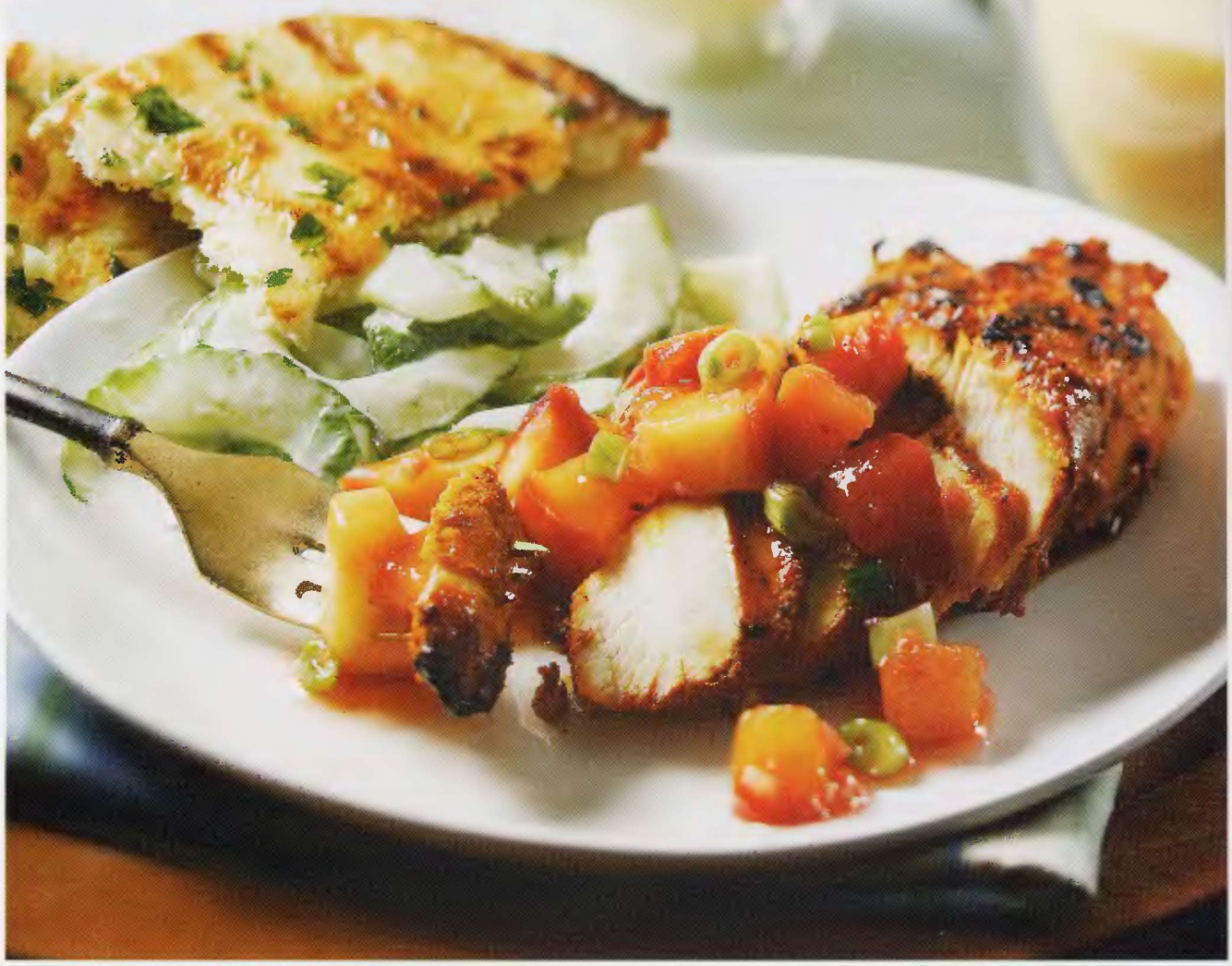
- 4 oz. baby pattypan squash, halved
- 4 oz. snow peas, trimmed
- 2 tsp. olive oil
- 1/2 tsp. minced garlic
- Salt to taste

Blanch pattypans and snow peas in a saucepan of salted water for 2–3 minutes. Transfer vegetables to a bowl of ice water and chill until cold; drain.
Heat oil in a skillet over medium heat. Add garlic; cook 30 seconds. Stir in pattypans and snow peas; sauté until heated through, about 4 minutes. Season with salt.

Per serving: 77 cal; 5g total fat (1g sat); 0mg chol; 7g carb; 2mg sodium; 2g fiber; 2g protein

tempting turkey
FIRE-COOKED & FAST

Indian food is more than curry. A tradition of wood-fired dishes are cooked in hot clay ovens called 'tandoors.' It's easy to recreate that flavor and speed on your own backyard grill!



tandoori turkey with grilled flatbread

Spoon chutney over turkey, and serve with raita and flatbread on the side.

Makes 2 servings; Total time: 1 1/4 hours

FOR THE CHUTNEY—

- 2 peaches, pitted and chopped (about 2 cups)
- 2 Tbsp. peach preserves
- 2 Tbsp. rice vinegar
- 1 Tbsp. minced fresh ginger
- Pinch of salt
- 2 Tbsp. thinly sliced scallions

FOR THE TURKEY—

- 1/4 cup *each* plain nonfat yogurt and sour cream
- 1 Tbsp. fresh lemon juice
- 2 tsp. *each* brown sugar, cumin, garam masala, paprika, and turmeric
- 2 tsp. *each* minced garlic and fresh ginger
- 1 tsp. kosher salt
- 1/2 tsp. cayenne pepper
- 1 turkey tenderloin, halved diagonally (12 oz.)

FOR THE FLATBREAD—

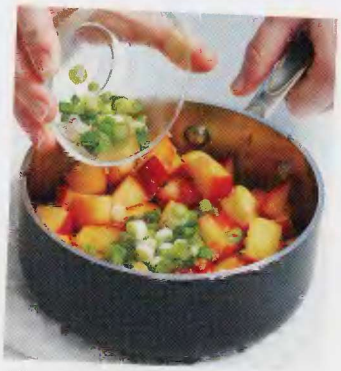
- 1/4 cup olive oil
- 1 Tbsp. chopped fresh parsley
- 1 tsp. minced garlic
- Pinch of salt
- 2 wrap-style pitas (6-inch)

Simmer peaches, preserves, vinegar, 1 Tbsp. ginger, and salt for chutney in a saucepan over medium heat. Cook, stirring occasionally, until liquid is nearly evaporated, 6–8 minutes. Off heat, stir in scallions; set aside.

Combine yogurt, sour cream, lemon juice, brown sugar, spices, 2 tsp. garlic, 2 tsp. ginger, salt, and cayenne in a bowl. Coat turkey in yogurt mixture. Cover and refrigerate for 30 minutes. Preheat grill to high. Grill turkey over direct heat, covered, 8–10 minutes. Turn pieces over and grill to 160°, about 5 minutes. Remove from grill.

Stir together oil, parsley, 1 tsp. garlic, and salt in a bowl for the flatbread. Grill pitas 3–4 minutes, then flip and grill other side 1–2 minutes. Off heat, brush both sides of pitas with oil mixture.

Per serving: 711 calories; 32g total fat (4g sat); 72mg chol; 55g carb; 1446mg sodium; 4g fiber; 53g protein



After simmering ingredients for peach chutney, remove it from the heat and add sliced scallions.

Allow excess marinade to drip from turkey, but meat should remain well coated.

Watch the pitas carefully. They can burn easily, especially if your grill has hot spots.

classic raita

This cooling side dish contrasts nicely with the spicy hot turkey.

Makes 2 servings
Total time: 15 minutes

- 1 cup seeded, thinly sliced cucumber
- 1/4 cup plain nonfat yogurt
- 1 Tbsp. chopped fresh mint
- Honey and salt to taste

Toss together cucumber, yogurt, mint, honey, and salt; stir until evenly coated. Chill raita until ready to serve.

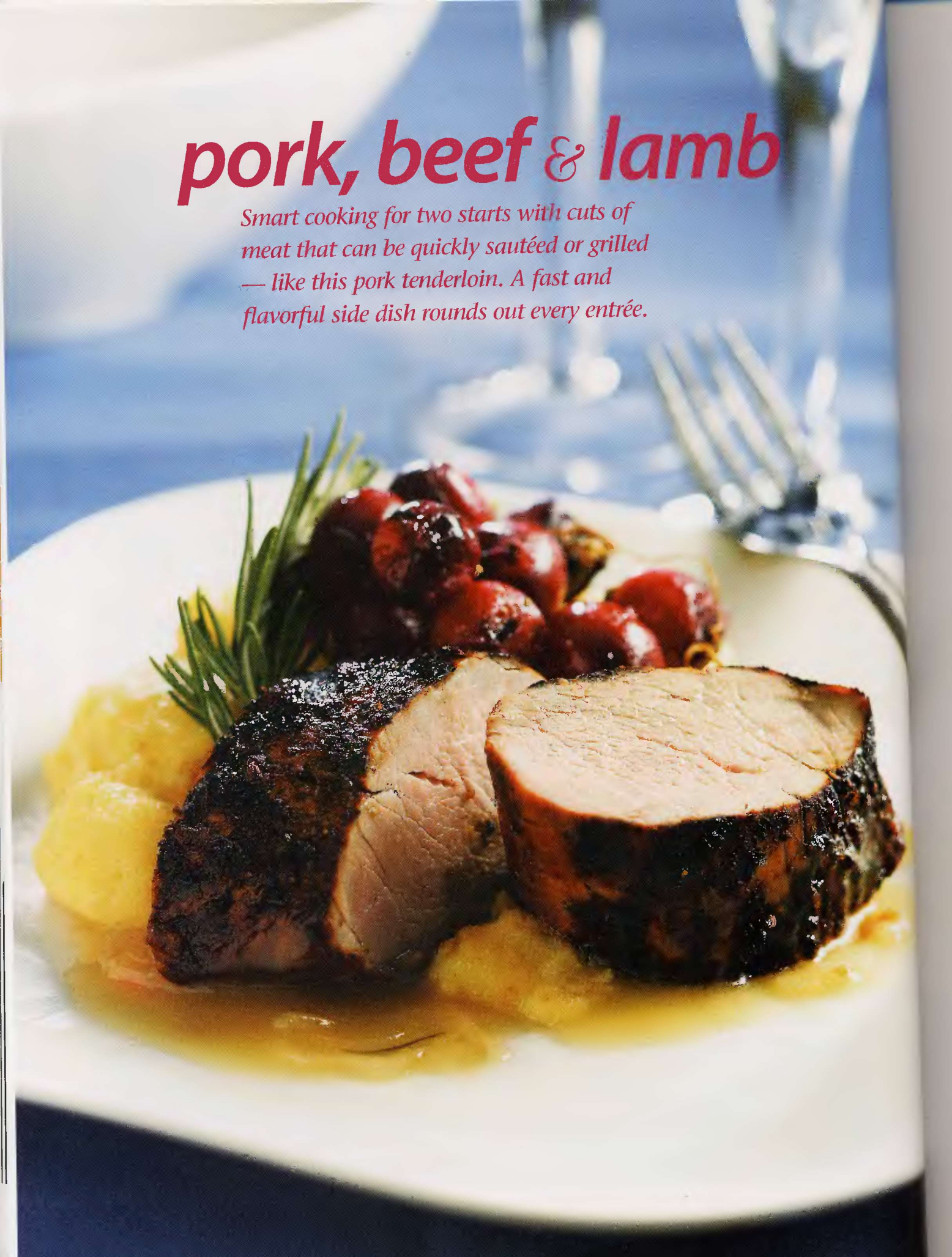
Per serving: 94 calories; 0g total fat (0 sat); 0mg chol; 24g carb; 2mg sodium; 2g fiber; 1g protein

GOOD TO KNOW
MARINATING

In this day and age, most marinating is done strictly for flavor and not for tenderizing meats. Acids in marinades, like the lactic acid in yogurt, break down proteins in meat. The flavor of a marinade will only penetrate the meat about 1/4-inch. Most of that action is accomplished within 30 minutes. Marinating for a longer period of time can give meat a mealy consistency.

pork, beef & lamb

Smart cooking for two starts with cuts of meat that can be quickly sautéed or grilled — like this pork tenderloin. A fast and flavorful side dish rounds out every entrée.



balsamic pork tenderloin
with lemon-honey sauce

This grilled pork tenderloin is chock full of flavor. Mustard brightens the marinade, and a hint of rosemary complements the lemony sauce.

Makes 2 servings; Total time: about 35 minutes

FOR THE MARINADE—
- 1/4 cup balsamic vinegar
- 1 Tbsp. whole-grain mustard
- 1 pork tenderloin, trimmed (12 oz.)
- Salt and pepper

FOR THE GRAPES—
- 8 oz. red grape clusters
- 2 tsp. olive oil
- Ground black pepper

FOR THE LEMON-HONEY SAUCE—
- 2 Tbsp. sliced shallots
- 1 tsp. olive oil
- 2 Tbsp. dry white wine
- 1 sprig fresh rosemary
- 1/2 cup low-sodium chicken broth
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. honey
- 1 Tbsp. cold unsalted butter

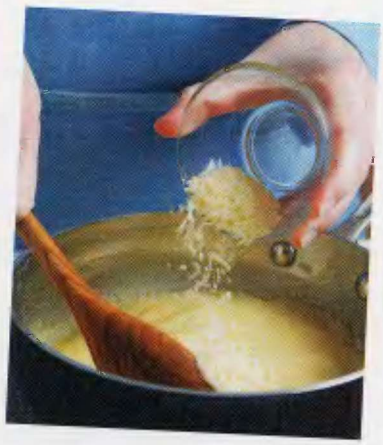
Preheat grill to medium-high. Lightly brush grates with vegetable oil.
Whisk together balsamic and mustard in a shallow baking dish. Add pork and turn meat to coat; marinate 10 minutes.
Season pork with salt and pepper; place pork on grill directly over heat. Cover and grill 5 minutes. Turn pork and grill 5 minutes more, or until pork registers 155° on an instant-read thermometer. Remove pork from grill, let rest for 5 minutes, then slice into four pieces.
Toss grapes with oil and season with pepper. Grill grape clusters over direct heat, covered, for 10 minutes.
Sauté shallots in oil in a saucepan over medium heat for 2 minutes. Deglaze pan with wine; add rosemary and cook 2 minutes. Add broth, lemon juice, and honey. Bring to a simmer and cook until liquid is reduced to 1/4 cup, 3–4 minutes. Discard rosemary sprig and whisk in butter. Serve pork with sauce.

Per serving: 455 calories; 10g total fat (5g sat); 127mg chol; 37g carb; 220mg sodium; 1g fiber; 39g protein

Turn pork to coat, then marinate for 10 minutes. A baking dish works great for marinating.

Handle grapes gently, keeping stems attached so grapes won't fall through the grill grates.

Deglaze the pan with a dry white wine, then reduce the wine to intensify the flavor of the sauce.



parmesan polenta

This creamy side dish pairs well with the rich-tasting pork.

Makes 2 servings
Total time: about 10 minutes

- 3/4 cup water
- 1/2 cup skim milk
- 1/4 cup yellow cornmeal
- 1 Tbsp. shredded Parmesan cheese

Boil water, milk, and cornmeal in a small saucepan. Reduce heat to low and simmer 5 minutes, or until polenta is the consistency of hot cereal. Stir in Parmesan until melted. Serve polenta warm.

Per serving: 93 calories; 2g total fat (1g sat); 3mg chol; 15g carb; 100mg sodium; 1g fiber; 5g protein

ALL ABOUT PORK TENDERLOIN

Pork tenderloin — often confused with pork loin — is simply the most tender, flavorful, and versatile cut of pork there is. At 9 grams of fat for a six-ounce serving, pork tenderloin is a healthful meat choice. It's best cooked quickly over high heat — like grilling. No grill? Roast tenderloin in a 450-degree oven to 155 degrees, about 25 minutes.

perfect penne
CROWNED WITH SPICY SAUCE

Classic, simple, quick, and beyond good — ragu is no ordinary meat sauce. Made with spicy Italian sausage, this bold pasta dish will hit the spot any day of the week.

italian sausage ragu
with penne pasta

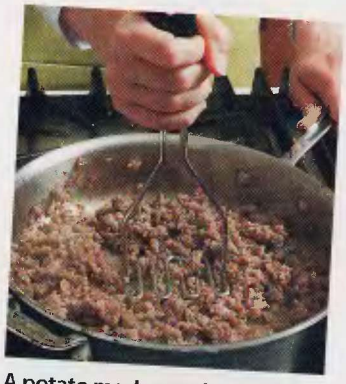
To reduce the amount of sodium in this recipe, use low-sodium tomato paste as well as low-sodium diced tomatoes.

Makes 2 servings; Total time: 30 minutes

- 1/4 lb. dry penne or ziti
- 1/2 lb. bulk Italian sausage
- 3/4 cup diced yellow bell pepper
- 1/2 cup diced onion
- 2 tsp. tomato paste
- 2 tsp. minced garlic
- 1/2 cup dry white wine
- 1 can diced tomatoes in juice (14.5 oz.)
- Red pepper flakes to taste
- 1/4 cup chopped fresh parsley
- Grated Parmesan cheese

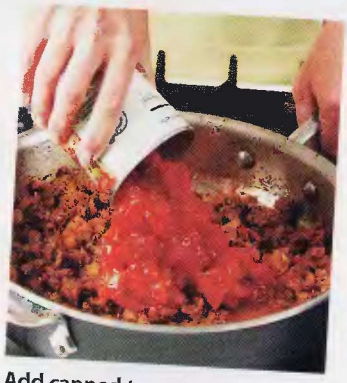
Bring a pot of water to a boil for penne. Cook pasta according to package directions; drain and set aside.
Brown sausage in a sauté pan over medium-high heat for 4–5 minutes, breaking sausage into small pieces using a potato masher. Add bell pepper and onion; cook 5 minutes.
Add tomato paste and garlic; cook 1 minute, stirring frequently.
Deglaze pan with wine, then increase heat to high and cook until liquid is nearly evaporated. Add tomatoes with their juice along with pepper flakes. Simmer sauce until it's thickened, 5–6 minutes.
Stir in parsley. Serve ragu over pasta; garnish with Parmesan.

Per serving: 597 calories; 25g total fat (9g sat); 62mg chol; 63g carb; 1609mg sodium; 5g fiber; 12g protein

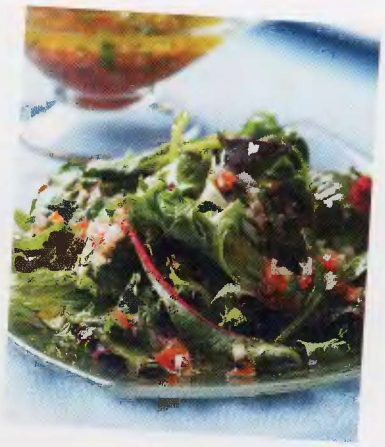


A potato masher makes a good utensil for breaking up ground sausage as it cooks.

Add wine, increase heat, and stir to loosen the flavorful bits at the bottom of the pan.



Add canned tomatoes along with the juice. Cook sauce until the juice is evaporated.



tomato vinaigrette with mesclun

Make the dressing ahead, then toss the salad right before serving.

Makes 2 servings
Total time: 10 minutes

- 1 Tbsp. diced fresh tomato
- 1 Tbsp. red wine vinegar
- 1 Tbsp. olive oil
- 1 1/2 tsp. minced shallots
- 1 1/2 tsp. minced fresh parsley
- Salt and pepper to taste
- 2 cups mesclun salad mix

Whisk together tomato, vinegar, oil, shallots, parsley, salt, and pepper in a bowl. Add greens and toss to coat. Serve immediately

Per serving: 71 calories; 7g total fat (1g sat); 0mg chol; 3g carb; 36mg sodium; 1g fiber; 1g protein

ALL ABOUT ITALIAN SAUSAGE

For this ragu, use the best bulk or link Italian sausage you can find. (Be sure to remove the casing from link sausage before cooking.) If you can't find Itolian sausage, you can make your own using unseasoned ground pork sausage. Spice it with dried Italian herbs, fennel seed, and crushed red pepper flakes.

breakfast bonanza

A SIZZLING START TO THE DAY

When you need a hearty breakfast for an active day, this version of a bacon-and-egg sandwich will keep you satisfied all morning long — and it's good enough to serve any time of the day.

chipotle bacon breakfast sandwich
with tomato avocado salsa

It pays to be efficient. You can make the salsa and toast the kaiser rolls while frying and glazing the bacon.

Makes 2 servings; Total time: 30 minutes

FOR THE BACON—
- 4 strips bacon
- 1 Tbsp. brown sugar
- 2 tsp. minced canned chipotle chile peppers in adobo sauce
- 2 tsp. red wine vinegar

FOR THE SALSA—
- 1/4 cup quartered cherry tomatoes
- 1/4 cup peeled, pitted, and sliced avocado
- 1 Tbsp. sliced scallions
- 1 Tbsp. minced fresh cilantro
- 2 tsp. mayonnaise
- Juice of 1/2 a lime
- Pepper to taste

FOR THE SANDWICHES—
- 2 eggs
- 2 tsp. unsalted butter
- 2 slices pepper Jack cheese
- 2 kaiser rolls, split and toasted

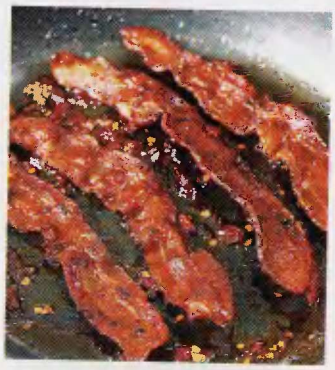
Cook bacon in a nonstick skillet over medium heat until crisp. Remove bacon, pour off drippings, then add brown sugar, chipotle peppers, and vinegar to skillet. Return skillet to burner and simmer glaze over medium heat for 1 minute. Add bacon; turn strips to coat with glaze. Remove glazed bacon from skillet and keep it warm; wipe out skillet.

Combine tomatoes, avocado, scallions, cilantro, mayonnaise, lime juice, and pepper for the salsa in a small bowl; set aside.

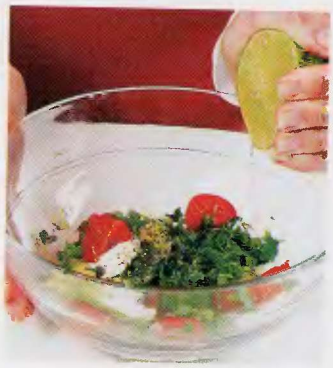
Cook eggs in butter in same nonstick skillet over medium heat until whites are set. Season with pepper. Break yolks, flip eggs, and cook another minute. Top eggs with cheese; cover skillet for 1 minute to melt cheese.

Arrange two strips of bacon on the bottom of each kaiser roll. Add cheese-topped egg, salsa, and top of kaiser roll.

Per sandwich: 683 calories; 47g total fat (17g sat); 288mg chol; 42g carb; 975mg sodium; 3g fiber; 25g protein

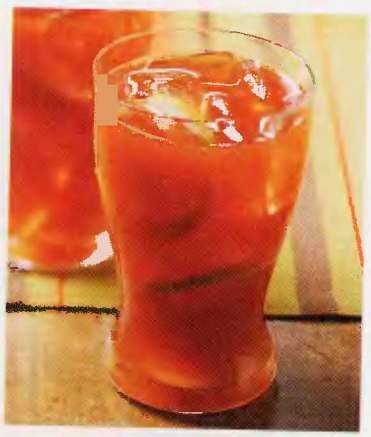


Return cooked bacon to skillet and turn to coat with the brown sugar-chipotle glaze.



Squeeze lime juice over salsa ingredients to keep avocado from turning brown.

Cook eggs, pierce yolks, then flip eggs over. Top with cheese, and cover skillet to melt the cheese.



gingered tomato juice

Ginger beer adds unique flavor in this non-alcoholic Bloody Mary.

Makes 2 drinks
Total time: 5 minutes

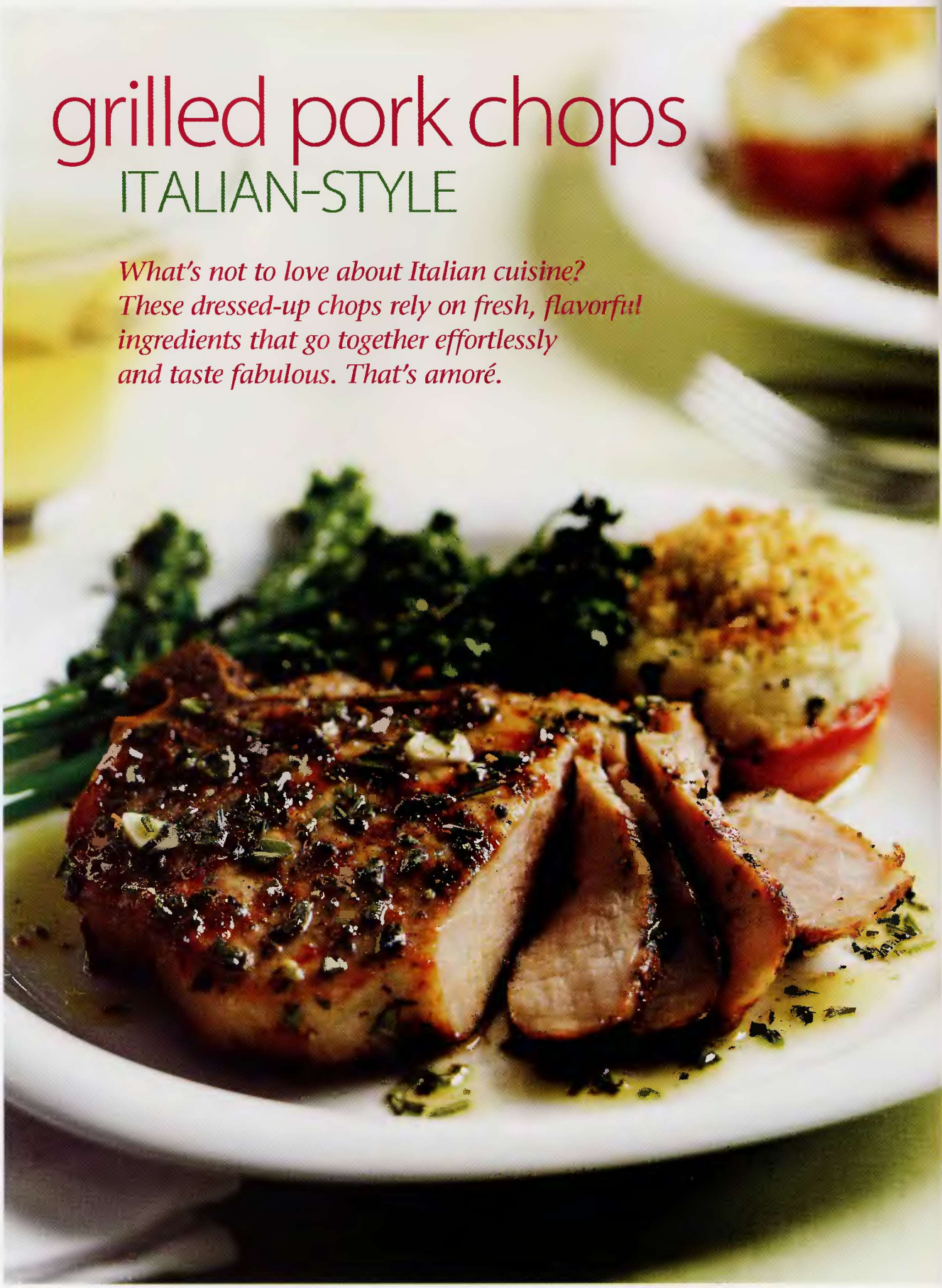
- 3/4 cup vegetable juice cocktail, divided
- 3/4 cup ginger beer, divided
- Worcestershire sauce and Tabasco sauce to taste
- 2 lemon slices

Fill two tall glasses with ice, then top each with half of the juice cocktail and half of the ginger beer. Season with Worcestershire and Tabasco sauces; stir to blend. Garnish drinks with lemon slices.

Per drink: 56 calories; 0g total fat (0g sat); 0mg chol; 13g carb; 260mg sodium; 1g fiber; 1g protein

grilled pork chops
ITALIAN-STYLE

What's not to love about Italian cuisine? These dressed-up chops rely on fresh, flavorful ingredients that go together effortlessly and taste fabulous. That's amoré.



pork chops florentine
with herb oil & broccolini

Ask your butcher for bone-in, center-cut loin chops, about one-inch thick. They'll grill quickly without drying out.

Makes 2 servings; Total time: 45 minutes

FOR THE HERB OIL—
- 1/4 cup olive oil
- 6 torn fresh sage leaves
- 1 Tbsp. chopped fresh rosemary
- 1 Tbsp. chopped fresh oregano
- 2 cloves garlic, thinly sliced

FOR THE BROCCOLINI—
- 6 oz. broccolini
- Olive oil, salt, and pepper

FOR THE PORK CHOPS—
- 2 bone-in pork loin chops, 1-inch thick (about 8 oz. each), seasoned with salt and pepper

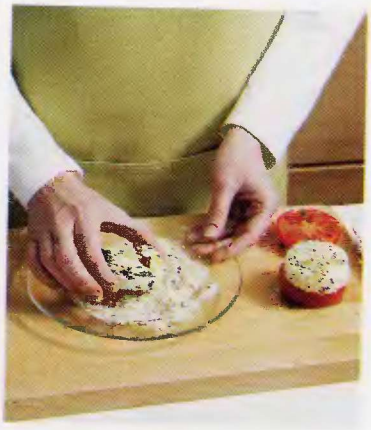
Preheat grill to medium-high.
Combine 1/4 cup oil, sage, rosemary, oregano, and garlic for herb oil in a shallow serving dish; set aside.
Toss broccolini with oil, salt, and pepper; set aside.
Grill chops over direct heat, covered, 5 minutes per side, or to an internal temperature of 155°. Transfer chops to herb oil and let rest 3 minutes; turn after 3 minutes. Leave chops in oil. Grill broccolini 2–3 minutes, turning once.
To serve, place one pork chop and half the broccolini on each plate. Drizzle remaining herb oil over chops, broccolini, and Savory Tomatoes.

Per serving: 490 calories; 28g total fat (7g sat); 125mg chol; 8g carb; 128mg sodium; 1g fiber; 53g protein

Combine herbs, oil, and garlic in a shallow dish. Use an extra-virgin olive oil for the best flavor.

Remove cooked pork chops from the grill and place them in the herb oil to absorb its flavors.

Drizzle remaining herb oil over pork chops, broccolini, and Savory Tomatoes for extra flavor.



savory tomatoes

Grill tomatoes while pork rests.

Makes 2 servings
Total time: 15 minutes

- 1/4 cup panko bread crumbs
- Salt and pepper to taste
- 2 tomato slices, cut 1-inch thick
- 2 slices goat cheese, cut 1/2-inch thick (about 1 oz. each)
- Herb oil (*see recipe, left*)

Preheat grill to medium-high.
Toss panko, salt, and pepper in a shallow dish. Dip tomato and cheese slices in herb oil from Pork Chops Florentine. Dredge both sides of goat cheese slices in panko; arrange on top of tomatoes. Transfer tomatoes to grill over direct heat. Cover and grill until crumbs are golden, about 5 minutes. Top with herb oil.

Per serving: 138 calories; 9g total fat (6g sat); 22mg chol; 8g carb; 171mg sodium; 1g fiber; 7g protein

ALL ABOUT BROCCOLINI

A cross between broccoli and Chinese kale, broccolini is a vegetable rich in vitamins A and C, and is a good source of folic acid, an important nutrient for a healthy heart. While it looks like a lankier version of broccoli, broccolini tends to be sweeter. Every bit can be eaten, from the long narrow stem to the clusters of flowering buds.

for meat lovers

A PIZZA WRAP THAT DELIVERS

Have a hankerin' for a home-cooked pizza, yet short on time? This version goes together quicker than delivery — and you don't need to tip!

pizza wraps
with sausage, mushrooms & pepperoni

An electric griddle would make it a cinch to cook more than one wrap at a time. Just preheat the griddle to 300 degrees, then prepare the wraps right on top.

Makes 2 wraps; Total time: about 20 minutes

FOR THE FILLING—

- 1/4 lb. bulk Italian sausage
- 1 cup thinly sliced button mushrooms
- Salt to taste

FOR THE TOMATO SAUCE—

- 1/2 cup canned crushed tomatoes
- 1 1/2 tsp. red wine vinegar
- 1 1/2 tsp. olive oil
- 1 clove garlic, minced
- 1/2 tsp. dried Italian herbs
- Pinch *each* sugar and red pepper flakes

FOR THE WRAPS—

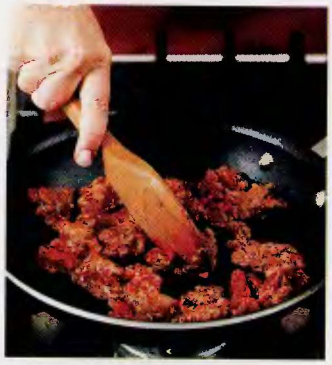
- 2 burrito-sized flour tortillas (10-inches)
- 1/2 cup shredded part-skim mozzarella cheese, divided
- 10 large slices pepperoni, divided
- 1/2 cup fresh baby spinach, divided
- 1 Tbsp. shredded Parmesan cheese, divided

Cook sausage until browned in a nonstick skillet over medium-high heat, breaking meat up with a spoon. Add mushrooms and salt; sauté until sausage is cooked through, about 5 minutes. Remove sausage-mushroom filling to a plate and wipe out skillet.

Stir together tomatoes, vinegar, oil, garlic, herbs, sugar, and pepper flakes for tomato sauce in a bowl.

Heat skillet over medium-low heat. Arrange one tortilla in skillet and spread with 2–3 Tbsp. tomato sauce. Top with 1/4 cup mozzarella, followed by half of the sausage filling and five slices of the pepperoni. Arrange 1/4 cup spinach on top and sprinkle with half of the Parmesan. When mozzarella is melted, transfer tortilla to cutting board and roll (tortilla may crack — this is OK). Let wrap stand 1 minute before slicing so toppings heat through. Repeat with remaining tortilla and toppings. Serve with extra tomato sauce for dipping.

Per wrap: 616 calories; 37g total fat (12g sat); 63mg chol; 46g carb; 1571mg sodium; 4g fiber; 27g protein



Use a wooden spoon to break up large chunks of sausage as the meat cooks through.

Make tomato sauce in a bowl. Heat extra sauce in microwave to serve with the wraps.

Layer ingredients evenly over tortilla, then cook over medium-low heat until cheese melts.

caesar salad

This classic salad features flavors that complement the pizza wraps.

Makes 2 servings
Total time: 15 minutes

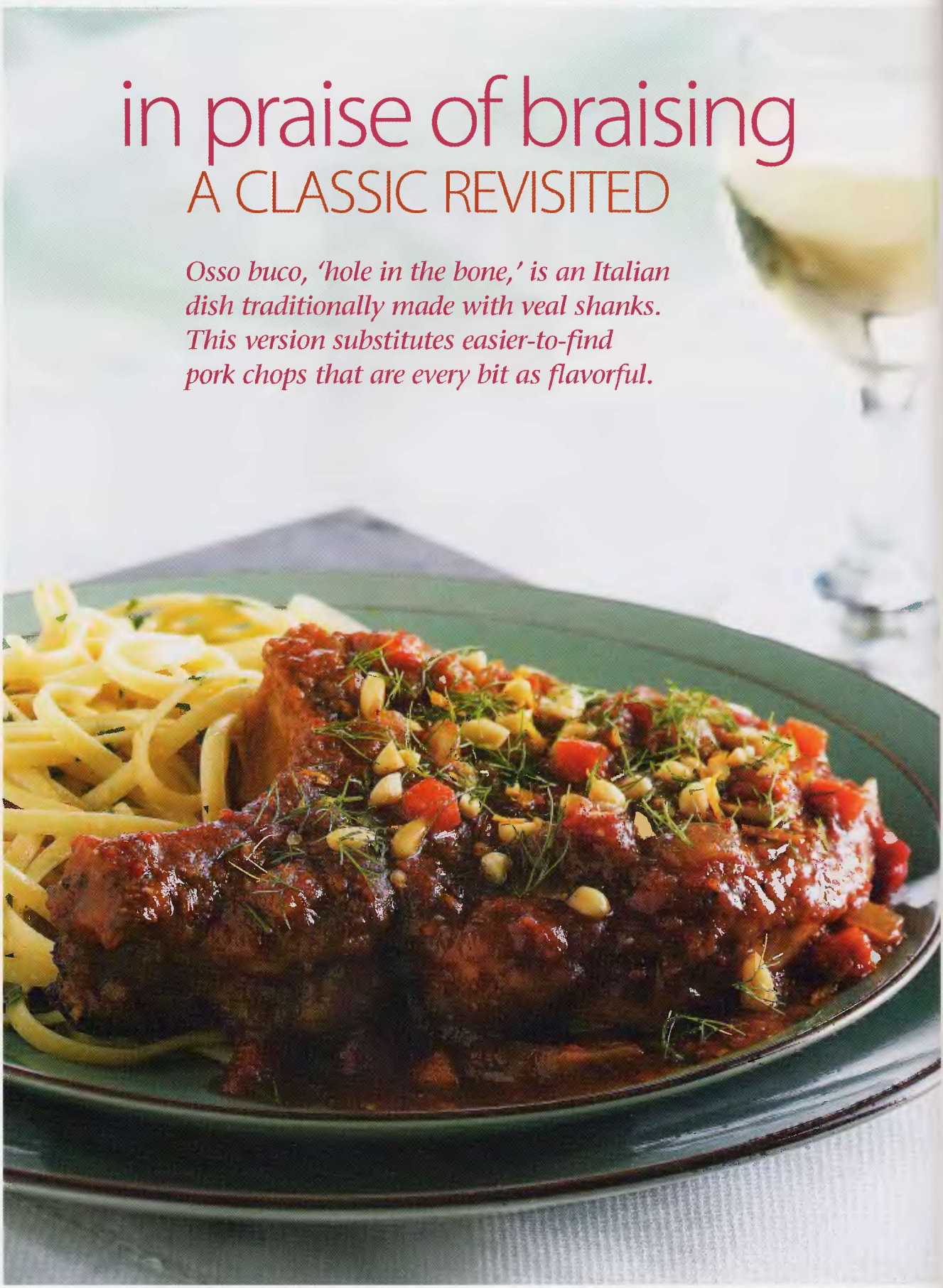
- 1 Tbsp. lemon juice
- 1 Tbsp. shredded Parmesan cheese
- 1/2 tsp. minced garlic
- 1/4 tsp. anchovy paste
- 1/4 tsp. Dijon mustard
- Salt and pepper to taste
- 4 tsp. extra-virgin olive oil
- 4 cups chopped romaine
- 1/2 cup whole-wheat bread cubes, toasted

Whisk together lemon juice, Parmesan, garlic, anchovy paste, Dijon, salt, and pepper. Whisk in oil until thoroughly combined. Toss dressing with romaine and toasted bread cubes.

Per serving: 181 calories; 12g total fat (2g sat); 3mg chol; 16g carb; 159mg sodium; 4g fiber; 5g protein

in praise of braising
A CLASSIC REVISITED

Osso buco, 'hole in the bone,' is an Italian dish traditionally made with veal shanks. This version substitutes easier-to-find pork chops that are every bit as flavorful.



pork chops osso buco
with fennel fronds, pine nuts & orange zest

Braising is a cooking technique that develops rich and delicious flavors.

Makes 2 servings; Total time: 1 hour

FOR THE PORK CHOPS—

- 2 bone-in pork rib chops, 1-inch thick (8 oz. each)
- Salt and pepper
- 2 Tbsp. all-purpose flour
- 2 Tbsp. olive oil

FOR THE SAUCE—

- 1/2 cup diced onion
- 1/3 cup diced fennel bulb
- 1/4 cup diced carrot
- 1/4 cup diced celery
- 3 cloves garlic, thinly sliced
- 1 tsp. anchovy paste
- 1 strip orange peel
- 1 bay leaf
- 1/4 cup dry white wine
- 1 cup seeded, diced fresh tomatoes
- 1/2 cup low-sodium chicken broth
- 2 Tbsp. orange juice
- 1 Tbsp. balsamic vinegar

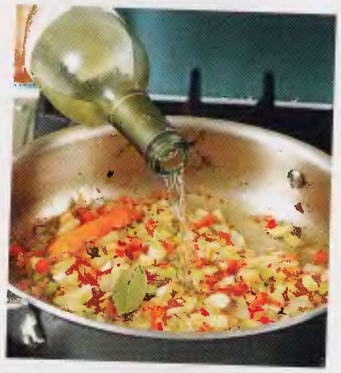
FOR THE GREMOLATA—

- 1 Tbsp. chopped fennel fronds
- 2 tsp. chopped pine nuts, toasted
- 1 tsp. minced orange zest

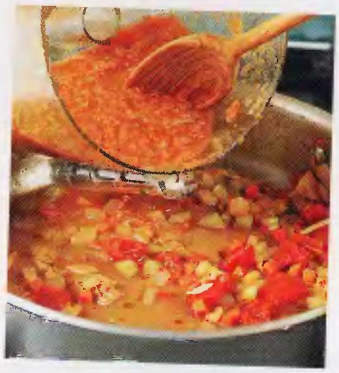
Preheat oven to 350°.
Season chops with salt and pepper; dredge in flour. Sear chops in oil in an ovenproof sauté pan over medium heat for 5 minutes per side. Transfer chops to a plate; return pan to burner.
Sweat onion, fennel, carrot, celery, garlic, anchovy paste, orange peel, and bay leaf in pan for 5 minutes over medium-low heat. Deglaze pan with wine and reduce liquid by half. Stir in tomatoes, broth, juice, and vinegar; add chops. Bring to a simmer, cover, and transfer to the oven.
Braise chops in oven 20 minutes, turn chops, and braise until tender, about 20 minutes more. Purée 1/2 cup of the vegetable mixture in a food processor until smooth. Return to pan and simmer over medium heat until thickened, about 3 minutes.
Combine fennel fronds, pine nuts, and zest for gremolata in a bowl. Garnish each chop with gremolata.

Per serving: 453 calories; 25g total fat (5g sat); 75mg chol; 19g carb; 328mg sodium; 3g fiber; 33g protein

Heat oil until it shimmers, then sear pork chops until brown on both sides.



Deglaze pan with wine. Scrape up any browned bits in pan. Cook to reduce liquid by half.



Purée 1/2 cup of the vegetable mixture in a food processor or blender to thicken the sauce.

parsley linguine

A simple pasta side dish soaks up the extra osso buco sauce.

Makes 2 servings
Total time: 15 minutes

- 4 oz. dry linguine
- 2 Tbsp. unsalted butter
- 1 Tbsp. minced fresh parsley
- Juice of 1/2 a lemon
- Salt and pepper to taste

Bring a large pot of salted water to a boil for linguine. Cook linguine according to package directions; drain and set aside.
Melt butter in same pot over medium heat. Add parsley, lemon juice, salt, pepper, and cooked linguine. Toss to coat pasta.

Per serving: 310 calories; 12g total fat (7g sat); 30mg chol; 43g carb; 5mg sodium; 2g fiber; 8g protein

ALL ABOUT FENNEL

To use fennel, trim a 1/2-inch piece from the root end. Cut off the stalks with fronds one inch above the bulb (you'll use the fronds for garnish), and stand the stalks in cold water until ready to use. Cut bulb in half and trim out the center core. Now you're ready to slice and dice. Unused fennel will keep in plastic in the refrigerator for as long as one week.

fun & flavorful
START WITH TORTELLINI

Pasta cooks very quickly, making it an obvious weeknight dinner choice. This dish highlights sweet butternut squash, salty prosciutto, and cheese-filled tortellini. What's not to love?

cheese tortellini & butternut squash
with brown butter sauce

Butter browns very quickly and burns easily, so watch it carefully. The deeper the color, the richer the flavor will be.

Makes 2 servings; Total time: 30 minutes

- 1½ cups peeled and cubed butternut squash
- ½ lb. refrigerated cheese-filled tortellini (about 2 cups)
- 2 tsp. olive oil
- 2 slices prosciutto or ham, cut into thin ribbons (1 oz.)
- 4 Tbsp. unsalted butter, cubed
- 1 large sprig fresh sage
- 2 Tbsp. dry sherry
- Juice of ½ a lemon
- Chopped fresh parsley
- Freshly ground black pepper

Cook squash in a large saucepan of boiling salted water for 3 minutes. Add tortellini; cook according to package directions until squash and tortellini are tender. Drain tortellini and squash; set aside.

Heat oil in a sauté pan over medium-high heat. Add prosciutto, cook until crisp, then drain on a paper towel-lined plate. Return pan to burner and reduce heat to medium.

Melt butter in same sauté pan over medium heat. Add sage and cook until butter browns, about 4 minutes; discard sage sprig. Stir in sherry and cook 30 seconds. Add squash, tortellini, and prosciutto; toss to heat through.

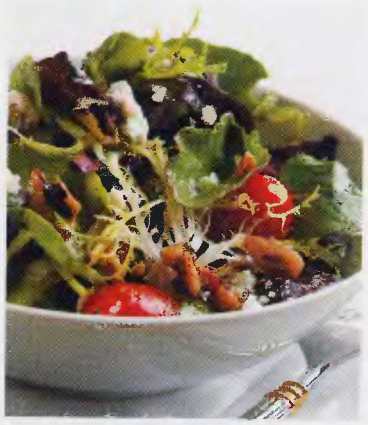
Off heat, drizzle tortellini and squash mixture with lemon juice, and sprinkle with parsley and pepper.

Per serving: 699 calories; 37g total fat (19g sat); 117mg chol; 74g carb; 759mg sodium; 6g fiber; 21 protein

After butternut squash boils briefly, add tortellini to water. Cook until both are tender.

Sage can easily overpower a dish. Using a fresh sprig to infuse a sauce guarantees subtle flavor.

Add cooked tortellini and squash to sauté pan with the butter sauce and toss to combine.



mesclun with blue cheese & walnuts

Makes 2 servings
Total time: about 15 minutes

- 2 Tbsp. red wine vinegar
- 1 Tbsp. minced shallots
- 1 tsp. honey
- ½ tsp. Dijon mustard
- Salt and pepper to taste
- 1 Tbsp. extra-virgin olive oil
- 3 cups mesclun salad mix
- ½ cup cherry or grape tomatoes
- ¼ cup crumbled blue cheese
- 2 Tbsp. chopped walnuts, toasted

Whisk vinegar, shallots, honey, Dijon, salt, and pepper in a bowl. Drizzle in oil, whisking to thoroughly combine. Season with salt and pepper. Combine mesclun, tomatoes, blue cheese, and walnuts in a bowl. Toss with dressing.

Per serving: 210 calories; 17g total fat (5g sat); 13mg chol; 11g carb; 306mg sodium; 2g fiber; 6g protein

GOOD FOR YOU
BUTTERNUT SQUASH

There's no denying that hard winter squash is good for you. Butternut rises head and shoulders above other varieties in terms of vitamin A content — one cup has 150% of an adult's daily recommended amount! Butternut squash is also an excellent source of certain carotenoids shown to prevent some cancers.

caramelized steak

HOW SWEET IT IS!

Craving a thick, juicy steak? Look no further than this recipe! The rub imparts decadent sweetness, but its higher purpose is to create a caramelized, peppery crust.

sugar-rubbed new york strip steak
with blue cheese & tomato salad

Go ahead and take a chance on this unusual dish. The tangy vinaigrette and blue cheese tone down the sweetness of the brown sugar rub.

Makes 2 servings; Total time: about 30 minutes

FOR THE STEAK—

- 2 Tbsp. brown sugar
- 1½ tsp. ground black pepper
- ½ tsp. kosher salt
- 1 New York strip steak, 1- to 1½-inches thick (12–16 oz.)

FOR THE SALAD—

- 3 cups chopped romaine lettuce
- ½ cup halved cherry tomatoes
- 2 Tbsp. crumbled blue cheese
- 1 strip bacon, minced
- 2 Tbsp. minced shallots
- ⅓ cup red wine vinegar
- 1 tsp. brown sugar
- 1 tsp. Dijon mustard
- Salt and pepper to taste
- 1 Tbsp. olive oil

Preheat oven to 450°. Heat a nonstick ovenproof skillet over medium.
Combine 2 Tbsp. brown sugar, pepper, and salt in a bowl. Press sugar mixture onto both sides of steak, then sear meat on one side until browned, about 5 minutes. Flip steak and brown second side for 2 minutes. Transfer skillet to oven to finish cooking (about 8 minutes for medium-rare). Remove steak, tent with foil, and let meat rest 5 minutes.
Toss together lettuce, tomatoes, and blue cheese while steak is in oven.
Sauté bacon for vinaigrette in a skillet until crisp; add shallots and cook until soft, about 2 minutes. Deglaze skillet with vinegar, then whisk in 1 tsp. brown sugar, Dijon, salt, and pepper. Stir in oil and keep warm.
To serve, cut steak in half and place each half on a plate. Divide salad between plates. Drizzle steak and salad with warm vinaigrette.

Per serving: 468 calories; 22g total fat (7 sat); 82mg chol; 25g carb; 831mg sodium; 3g fiber; 45g protein

Firmly pat the sugar rub onto both sides of the steak just before searing the meat.

Sauté steak on both sides until richly browned. Turn on the exhaust — there will be smoke!

While steak is in the oven, prepare vinaigrette by first sautéing bacon, then shallots.

speedy baked potato

This quick "baked potato" rounds out the steak and salad perfectly.

Makes 2 servings
Total time: 15 minutes

- 2 russet potatoes (6–7 oz. each), pricked with a fork
- 2 Tbsp. unsalted butter, divided
- Salt to taste

Microwave potatoes on high on a microwave-safe plate for 3 minutes. Flip potatoes, rotate plate, and continue microwaving on high 3 minutes more. Potatoes should be soft enough for eating while still slightly firm inside. Let potatoes stand 5 minutes to allow steam to finish cooking the inside.
Serve potatoes with butter and season with salt.

Per potato: 235 calories; 11g total fat (7g sat); 30mg chol; 31g carb; 10mg sodium; 2g fiber; 4g protein

ALL ABOUT POTATOES

Spanish explorers found that eating potatoes prevented scurvy. The reason — potatoes have a surprisingly high concentration of vitamin C, most of which is found in the potato skin. Potatoes also are high in vitamin B6, potassium, and dietary fiber.

easy & inexpensive
MAKE SCALOPPINE THE STAR

Inspired by a traditional northern Italian dish, this salsa-topped steak is a simple way to showcase thinly-pounded beef cutlets.

steak milanese
with italian salsa

While the beef is chilling, boil the water for the pasta and make the salsa. Then simply sauté the cutlets and finish the pasta. How easy is that?

Makes 2 servings; Total time: 40 minutes

FOR THE CUTLETS—

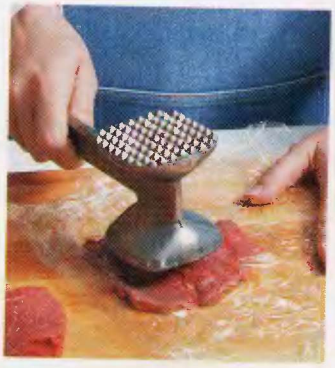
- 1/2 lb. boneless beef top sirloin steak, trimmed
- Salt and pepper
- 1/4 cup all-purpose flour
- 1 egg, beaten
- 1 Tbsp. milk
- 1 cup fresh bread crumbs
- 2 Tbsp. vegetable oil

FOR THE ITALIAN SALSA—

- 1/2 cup seeded and diced fresh tomatoes
- 2 Tbsp. diced red onion
- 2 Tbsp. halved kalamata olives
- 1 Tbsp. capers
- 1 Tbsp. chopped fresh oregano
- 1 Tbsp. olive oil
- 1 Tbsp. lemon juice

Cut steak into four 2-oz. pieces, then pound each piece 1/4-inch thick using the smooth side of a meat mallet. Season cutlets with salt and pepper. **Place** flour in shallow dish (such as a pie plate). Whisk together egg and milk and pour into another shallow dish. Place crumbs in a third shallow dish. Dredge cutlets in flour, followed by egg mixture, then crumbs. Transfer cutlets to a parchment-lined baking sheet. Chill cutlets while preparing Italian Salsa. **Combine** tomatoes, onion, olives, capers, oregano, olive oil, and lemon juice in a bowl for the salsa; set aside. **Heat** vegetable oil for cutlets in large sauté pan over medium-high. Fry cutlets until golden, about 2 minutes per side. Drain on a paper towel-lined plate. **Top** cutlets with Italian Salsa; serve immediately.

Per serving: 527 calories; 34g total fat; (7g sat); 146mg chol; 28g carb; 528mg sodium; 2g fiber; 28g protein



Pound steak pieces between sheets of plastic wrap with the flat side of a meat mallet.

Dredge cutlets in flour, shaking off any excess. Dip in egg so that the bread crumbs will stick.

Heat oil before you begin frying. Otherwise the cutlets will absorb too much oil and end up soggy.

garlic linguine

To prevent linguine from sticking, toss hot pasta in flavored oil.

Makes 2 servings
Total time: 25 minutes

- 1/4 lb. dry linguine
- 1 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1/4 tsp. red pepper flakes
- Grated Parmesan cheese
- Salt to taste

Cook linguine in a saucepan of boiling water according to package directions; drain and set aside. **Heat** oil, garlic, and pepper flakes in same saucepan over medium-high heat until garlic begins to sizzle, about 1 minute. Add linguine and toss to combine. Season with Parmesan and salt.

Per serving: 273 calories; 8g total fat (1g sat); 0mg chol; 44g carb; 4mg sodium; 2g fiber; 8g protein

ALL ABOUT CUTLETS

Cutlets, thin slices of meat or poultry, offer a fast and easy way to use numerous types of meat in an infinite array of dishes. The key to success begins with the cutlet itself — it can't be too thin or too thick. If the cutlet is too thin, the meat can dry out before it browns on the outside. On the other hand, if the meat is too thick, the exterior could begin to burn before the meat is cooked on the inside.

updated classic
SOUPED-UP STEAK BURGERS

Ground chuck easily adapts to meals for two, and Salisbury steak was popular long before TV dinners. This version features flavors found in another classic — French onion soup.

french-onion salisbury steak
with parsley & parmesan cheese

Dredging the ground beef patties in flour enhances browning and adds body to the onion-based sauce. Stovetop braising keeps the patties moist.

Makes 2 servings; Total time: 45 minutes

FOR THE SALISBURY STEAKS—
- 3/4 lb. ground beef
- 2 Tbsp. minced fresh parsley
- 1 Tbsp. minced scallions
- 1/2 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 1 Tbsp. all-purpose flour, divided
- 2 tsp. olive oil

FOR THE ONION SAUCE—
- 1 cup sliced onion
- 2 tsp. minced garlic
- 1 1/2 tsp. tomato paste
- 1 cup low-sodium beef broth
- 2 Tbsp. dry red wine
- 1/4 tsp. dried thyme leaves

TO SERVE—
- Cheese Toasts (*see recipe, right*)
- 1 Tbsp. minced fresh parsley, divided
- 1 Tbsp. shredded Parmesan cheese, divided

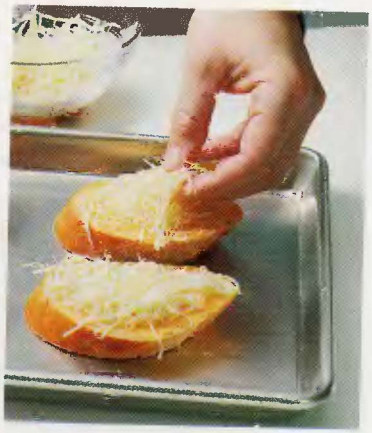
Combine ground beef, 2 Tbsp. parsley, scallions, salt, and pepper; shape into two oval patties. Place 2 tsp. flour in a shallow dish; dredge each patty in flour.
Heat oil in a sauté pan over medium-high heat. Add patties and sauté until browned, about 3 minutes on each side. Remove patties from pan.
Add onions to pan; sauté 5 minutes over medium heat. Stir in garlic and tomato paste; sauté until paste begins to brown, about 1 minute. Sprinkle mixture with remaining 1 tsp. flour; cook 1 minute. Stir in broth, wine, and thyme.
Return patties to the pan and bring sauce to a boil. Reduce heat to medium-low. Cover pan and simmer patties in sauce for 10 minutes.
Serve patties on Cheese Toasts with onion sauce ladled over. Garnish with parsley and Parmesan.

Per serving with one crouton: 515 calories; 23g total fat (10g sat); 116mg chol; 32g carb; 969mg sodium; 3g fiber; 44g protein

Brown the beef patties on both sides; remove and make onion sauce in the same pan.

To develop rich flavor for the sauce, sauté onion slices until they turn golden.

Return patties to onion sauce; cover and simmer until meat is cooked through.



cheese toasts

The perfect accompaniment to this French-flavored meal.

Makes 2 toasts
Total time: 20 minutes

- 2 slices French bread or baguette, cut diagonally 1/2-inch thick
- 1 Tbsp. softened butter, divided
- 1/4 tsp. minced garlic
- Pinch *each* paprika and salt
- 2 Tbsp. shredded Swiss cheese
- 1 Tbsp. shredded Parmesan cheese

Preheat oven to 400°. Place bread on a baking sheet.
Combine butter, garlic, paprika, and salt. Spread on one side of each bread slice. Combine Swiss cheese and Parmesan; sprinkle on buttered bread slices. Bake croutons until bread is crisp and cheese is bubbly, about 10 minutes.

Per toast: 267 calories; 11g total fat (6g sat); 24mg chol; 34g carb; 600mg sodium; 2g fiber; 9g protein

ALL ABOUT GROUND BEEF

Ground beef is categorized by its fat content. Packages marked "hamburger" can contain up to 30 percent fat. At the other end of the spectrum is ground sirloin, with as low as 5 percent fat. For this recipe, use ground chuck. At 15 percent fat, chuck stays moist. Regardless of which beef you use, cook it to 160° for food-safety reasons.

a taste for the exotic

INDIAN-STYLE RIB-EYE

A half pound of steak is all you need for this sweet and spicy curry. The intense flavors and assertive seasonings in this dish are sure to satisfy even the most adventuresome diners.

curried beef & sweet potatoes
with green beans & coconut milk

Briefly frying whole spices in the cooking oil infuses it with flavor. Remove the spices after the cinnamon stick unrolls and the cloves swell.

Makes 2 servings; Total time: about 45 minutes

- 1/2 lb. beef rib-eye steak, trimmed, cut into 2-inch cubes, seasoned with salt and pepper
- 2 Tbsp. vegetable oil, divided
- 1 cinnamon stick
- 4 whole cloves
- 1/2 cup thinly sliced onion
- 1 small bay leaf
- 2 cloves garlic, minced
- 1 Tbsp. minced fresh ginger
- 1 Tbsp. curry powder
- 1/4 tsp. red pepper flakes
- 1 cup light coconut milk
- 1 cup peeled, sliced sweet potatoes, cut into half-moons
- 2 cups diced fresh tomatoes
- 1/2 cup fresh green beans, trimmed
- 1 tsp. lime juice
- Chopped fresh cilantro

Sear steak on all sides in 1 Tbsp. oil in a sauté pan over medium-high heat (don't cook meat all the way through). Transfer steak to a plate.
Fry cinnamon stick and cloves in the same pan in remaining 1 Tbsp. oil until cinnamon unfurls and cloves swell, about 2 minutes. Discard spices.
Add onion and bay leaf to pan. Sauté onion slices over medium heat, stirring occasionally, until they begin to brown, 8–10 minutes.
Add garlic, ginger, curry powder, and pepper flakes; sauté 1 minute.
Stir in coconut milk and sweet potatoes. Cover, reduce heat to medium, and simmer until potatoes are tender, about 10 minutes. Add seared steak and its juices, tomatoes, and beans. Cover and simmer steak and sauce 5 minutes more.
Stir in lime juice. Garnish each serving with cilantro.

Per serving: 533 calories; 36g total fat (13g sat); 50mg chol; 30g carb; 103mg sodium; 6g fiber; 24g protein

Sear the steak, then remove it from the pan. Fry whole spices in the same oil.

Simmer sweet potatoes in coconut milk, but don't overcook the slices or they'll turn mushy.

Add the steak, tomatoes, and green beans to the curry sauce and simmer about 5 minutes.

spiced rice

The nutty flavor of basmati rice adds to the complexity of this dish.

Makes 2 servings
Total time: about 20 minutes

- 1 cup water
- 1 tsp. grated fresh ginger
- 3 whole cloves
- 1 cinnamon stick
- 1/2 cup dry basmati rice
- Salt to taste

Boil water, ginger, cloves, and cinnamon in a saucepan over high heat. Reduce heat to low and add rice. Cover pan and simmer until rice is tender and liquid is absorbed, about 15 minutes. Let stand 5 minutes. Discard cloves and cinnamon before serving. Season with salt.

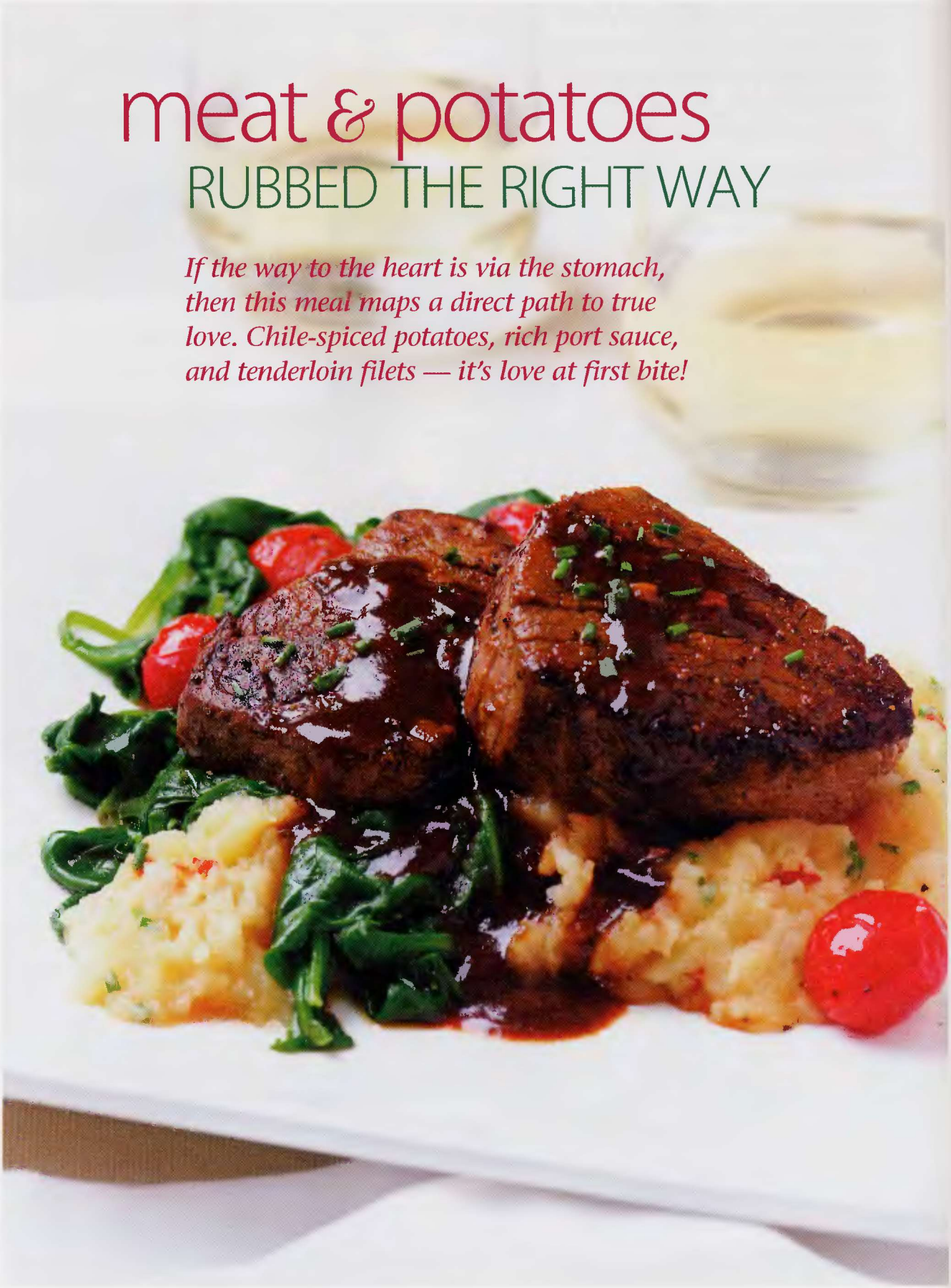
Per serving: 181 calories; 0g total fat (0g sat); 0mg chol; 46g carb; 0mg sodium; 1g fiber; 3g protein

GOOD FOR YOU
SWEET POTATOES

Just one look at the orange hue of these tubers and you know that they're good for you. Like carrots, sweet potatoes get their color from beta-carotene, which is essential for healthy lungs and eyes. They're also a good source of antioxidants. Also, recent evidence has shown that sweet potatoes may help to stabilize blood-sugar levels in diabetics.

meat & potatoes
RUBBED THE RIGHT WAY

If the way to the heart is via the stomach, then this meal maps a direct path to true love. Chile-spiced potatoes, rich port sauce, and tenderloin filets — it's love at first bite!



southwestern tenderloin steaks
with sautéed spinach & tomatoes

These beef filets are seasoned with a spicy brown sugar rub that includes paprika and chili powder. This simple step adds tons of flavor.

Makes 2 servings; Total time: about 30 minutes

FOR THE STEAKS—
- 2 tsp. brown sugar
- 1 tsp. kosher salt
- 1 tsp. paprika
- 1/2 tsp. chili powder
- 1/2 tsp. ground black pepper
- 4 beef tenderloin filets (2–3 oz. each)
- 1 Tbsp. olive oil

FOR THE SAUCE—
- 1/2 tsp. minced garlic
- 1 tsp. tomato paste
- 1/2 cup port wine
- 1/2 cup low-sodium beef broth
- 1/2 tsp. Worcestershire sauce
- 1 Tbsp. unsalted butter
- Salt and pepper to taste

FOR THE SPINACH—
- 1 Tbsp. olive oil
- 1/2 cup grape tomatoes
- 8 cups fresh spinach

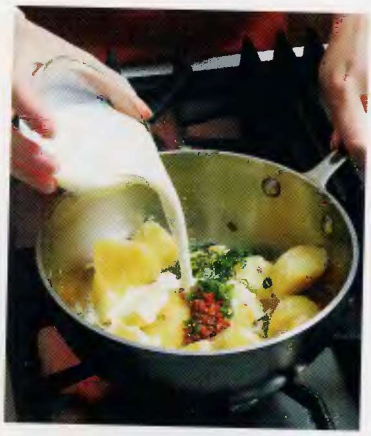
Combine brown sugar, salt, paprika, chili powder, and pepper for the rub in a bowl. Press mixture onto both sides of filets. Heat 1 Tbsp. oil in a skillet over medium-high, add steaks; cook steaks to desired doneness (2–3 minutes per side for medium-rare). Remove filets from skillet and keep warm. Don't wipe out skillet. **Heat** skillet with drippings for the sauce over medium heat. Add garlic and cook 30 seconds. Stir in tomato paste and cook 1 minute. Deglaze skillet with port and reduce liquid by half, scraping up bits on bottom of skillet. Stir in broth and Worcestershire, bring to a boil, and simmer 2 minutes. Add butter and whisk until melted. Season with salt and pepper. Remove sauce and keep warm. Clean out skillet to cook spinach. **Heat** 1 Tbsp. oil over medium-high heat in same skillet for the spinach. Add tomatoes and cook until blistered, about 1 minute. Add spinach and cook until wilted, 2–3 minutes.

Per serving: 416 calories; 24g total fat (7g sat); 75mg chol; 19g carb; 1328mg sodium; 6g fiber; 26g protein

Make sure skillet is hot, then sear filets quickly, 2–3 minutes per side. Watch so they don't burn.

Deglaze the skillet with port to make sauce from the drippings left from cooking the steaks.

Sauté the tomatoes first, then add the spinach and toss it until it wilts, 2–3 minutes.



chipotle potatoes

Smoky-spicy potatoes enhance the sweet and tender beef.

Makes 2 servings
Total time: 20 minutes

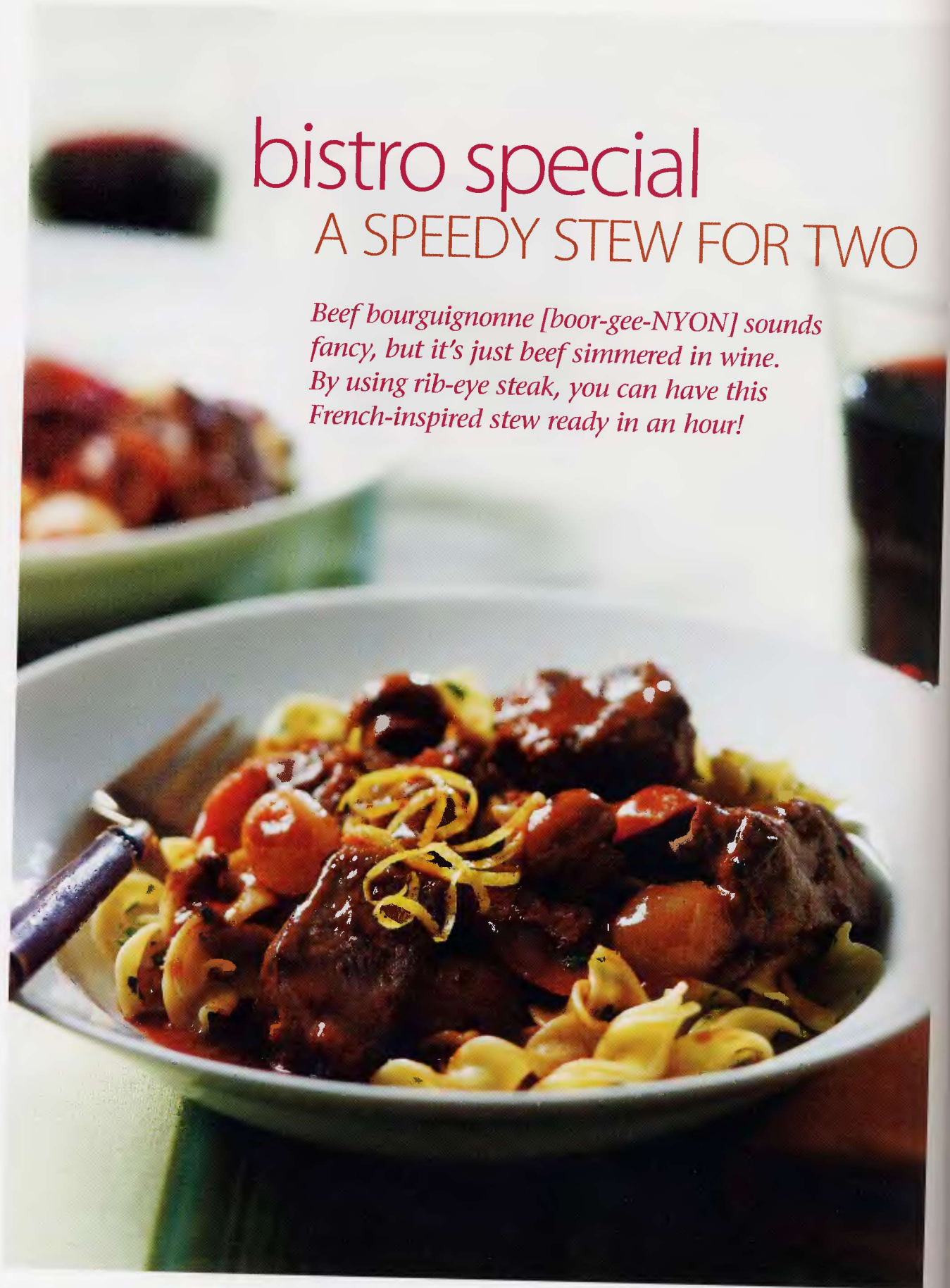
- 1 lb. Yukon gold potatoes, peeled and quartered
- 1/3 cup buttermilk
- 2 Tbsp. minced fresh chives
- 1 Tbsp. unsalted butter
- 1 tsp. minced canned chipotle chile peppers in adobo sauce
- Salt to taste

Boil potatoes in water in a saucepan over high heat until tender, 10–12 minutes. Drain, return potatoes to pan, and dry them briefly over medium heat. Turn off heat and add buttermilk, chives, butter, and chipotle peppers. Mash potatoes and season with salt.

Per serving: 228 calories; 7g total fat (4g sat); 18mg chol; 42g carb; 48mg sodium; 5g fiber; 8g protein

GOOD FOR YOU
BEEF TENDERLOIN

Filet rules when it comes to tenderness and ease of preparation. Beef tenderloin is so lean that it can be part of any healthful diet — a 3-ounce serving has only 90 calories, 3 grams of total fat, 1 gram of saturated fat, and 45 milligrams of cholesterol. Tenderloin is also an excellent source of protein and iron.



bistro special

A SPEEDY STEW FOR TWO

Beef bourguignonne [boor-gee-NYON] sounds fancy, but it's just beef simmered in wine. By using rib-eye steak, you can have this French-inspired stew ready in an hour!

beef bourguignonne
with onions & mushrooms

A tight-fitting lid is a must for this dish. It traps steam inside the pot, keeping the wine from evaporating. A tight covering of foil also works.

Makes 2 servings; Total time: 1 hour

FOR THE MEAT—

- 2 strips bacon, diced
- 1 boneless beef rib-eye steak (8- to 12-oz.), trimmed, cubed, and seasoned with salt and pepper
- 1/4 cup all-purpose flour

FOR THE STEW—

- 1/2 cup sliced carrot
- 1/2 cup frozen pearl onions
- 1/2 cup petite button mushrooms
- 1/4 cup diced celery
- 1 tsp. minced garlic
- 1 tsp. minced fresh thyme
- 2 tsp. tomato paste
- 1 Tbsp. all-purpose flour
- 2 Tbsp. brandy
- 3/4 cup dry red wine
- 1/4 cup low-sodium beef broth
- Salt and pepper to taste
- 1 Tbsp. red wine vinegar
- Chopped fresh parsley
- Lemon zest

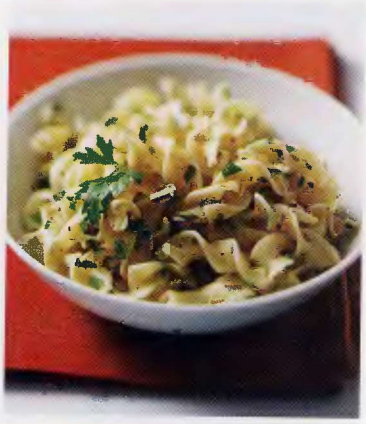
Preheat oven to 350°.
Sauté bacon in an ovenproof saucepan over medium heat until crisp, 8–10 minutes. Drain bacon on a paper-towel-lined plate. Dredge steak in 1/4 cup flour, then brown in bacon drippings. Remove steak and set aside.
Sweat carrot, onions, mushrooms, celery, and garlic in the same pan over medium-low heat until vegetables start to soften, about 5 minutes. Stir in thyme and tomato paste, cook for 2 minutes, then stir in 1 Tbsp. flour. Add brandy; cook until liquid is almost evaporated.
Deglaze pan with wine and broth, stirring until sauce becomes smooth. Season with salt and pepper. Cover pan, transfer to oven, and braise 20 minutes. Add cooked bacon and steak to pan and return to oven. Braise 15 minutes.
Stir vinegar into stew. To serve, spoon bourguignonne over noodles and garnish with parsley and lemon zest.

Per serving with noodles: 693 calories; 33g total fat (15g sat); 112mg chol; 44g carb; 342mg sodium; 3g fiber; 30g protein

Dredge steak pieces in flour, then brown in bacon drippings. Remove steak and set aside.

Stir in wine and broth, scraping up the flavorful bits on the bottom of the pan.

Add browned steak back to pan and return stew to the oven to finish cooking, 15 minutes more.



buttered parsley noodles

You can prepare these noodles while the stew braises.

Makes 2 servings
Total time: 15 minutes

- 4 oz. dry egg noodles
- 2 Tbsp. unsalted butter
- 1 Tbsp. chopped fresh parsley
- Salt and pepper to taste

Cook noodles in boiling water according to package directions; drain. Melt butter in same pot used to cook noodles.
Return noodles to pot. Add parsley and toss until mixture is coated. Season with salt and pepper.

Per serving (without bourguignonne): 318 calories; 14g total fat (8g sat); 78mg chol; 41g carb; 15mg sodium; 2g fiber; 8g protein

ALL ABOUT MIREPOIX

Mirepoix [mihr-PWAH] is the French name for a combo of vegetables you've used hundreds of times — onions, carrots, and celery. Mirepoix usually is sautéed in butter or oil to establish the flavor base for any number of dishes. Here, it includes mushrooms and garlic, and the vegetables are cooked in meat drippings instead of in butter or oil.

a little lamb
FOR AN ELEGANT MEAL

Tender grilled lamb chops offer a terrific alternative to steak. Served with a fresh tomato salad and mint-basil couscous, these small chops pack a powerful flavor punch.

grilled lamb chops with fresh tomato salad

To cook these chops on the stovetop, rub them with the seasonings. Sauté them in olive oil for 5–6 minutes per side for medium doneness.

Makes 2 servings; Total time: 1 hour

FOR THE TOMATO SALAD—
- 1 tomato, cut into wedges
- 1/2 cup seeded, sliced cucumber
- 1/2 cup thinly sliced red onion
- 1 Tbsp. minced fresh parsley
- 1 Tbsp. olive oil
- 1 Tbsp. red wine vinegar
- Salt and pepper to taste

FOR THE DIP—
- 1/3 cup crumbled feta cheese
- 2 Tbsp. plain yogurt
- 1 Tbsp. mayonnaise
- 1 Tbsp. minced fresh chives
- Juice of 1/2 a lemon

FOR THE LAMB—
- 2 Tbsp. olive oil
- 1 Tbsp. minced fresh rosemary
- 1 Tbsp. minced garlic
- 1/2 tsp. kosher salt
- 1/4 tsp. red pepper flakes
- 4 lamb loin chops (4–5 oz. each)

Preheat grill to medium-high.
Toss together tomato, cucumber, onion, parsley, 1 Tbsp. oil, vinegar, salt, and pepper for the salad; cover and chill.
Combine feta, yogurt, mayonnaise, chives, and lemon juice for the dip; cover and chill.
Combine 2 Tbsp. oil, rosemary, garlic, salt, and pepper flakes for the lamb. Rub mixture onto chops. Grill chops over direct heat 5–6 minutes per side for medium. Remove meat from grill, tent with foil, and let chops rest 5 minutes.
Serve chops with tomato salad and feta dip on the side.

Per serving: 550 calories; 39g total fat (9g sat); 104mg chol; 13g carb; 793mg sodium; 2g fiber; 34g protein

Toss together salad ingredients and dressing. Salad can be made an hour ahead and chilled.

Stir together dip ingredients and taste for seasonings. Chill dip until ready to serve.

Coat chops with rosemary rub. Grill chops for 5–6 minutes, flip, and grill for 5–6 minutes more.

mint-basil couscous

This flavorful side dish is easy to make and complements the lamb.

Makes 2 servings
Total time: 10 minutes

- 2/3 cup water
- 1 tsp. olive oil
- 1/2 cup fresh mint leaves
- 1/2 cup fresh basil leaves
- 1/2 cup dry couscous
- Salt to taste

Boil water and oil in a saucepan. Stir in mint and basil, and cook 20 seconds. Transfer mixture to a food processor and purée until smooth but still hot, about 10 seconds. Pour hot purée over couscous in a bowl; stir, then cover with plastic wrap. Allow couscous to stand until liquid is absorbed, 4–5 minutes. Fluff couscous with a fork before serving.

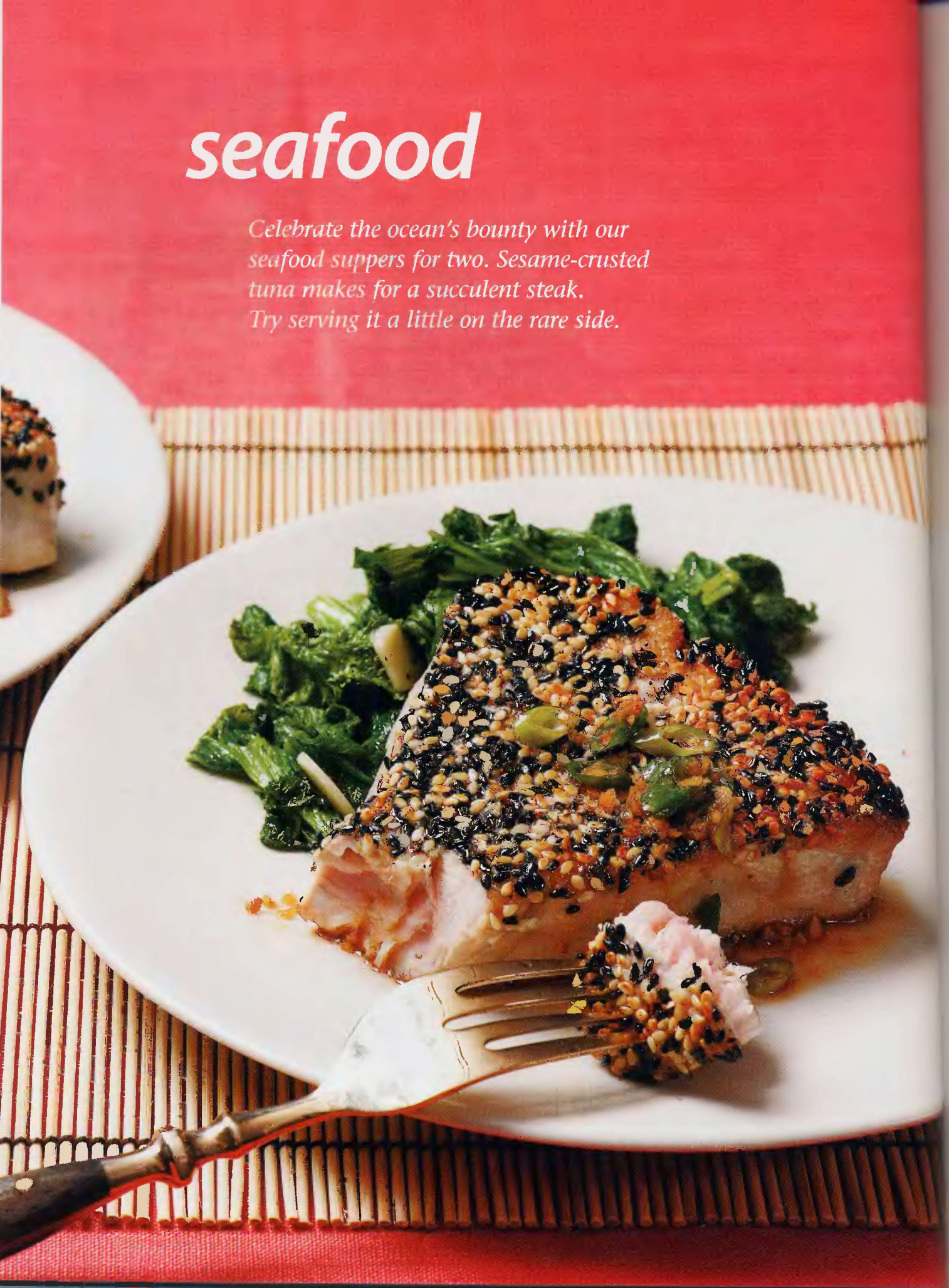
Per servings: 191 calories; 3g total fat (0g sat); 0mg chol; 35g carb; 7mg sodium; 3g fiber; 6g protein

ALL ABOUT COUSCOUS

Couscous, made from cracked or coarsely ground wheat, resembles pasta. The couscous you'll find in grocery stores is precooked — just add boiling water, let it sit, then fluff with a fork. Even though couscous is easy to prepare, it doesn't have much character on its own. Herbs and other seasonings can be added to impart flavor.

seafood

Celebrate the ocean's bounty with our seafood suppers for two. Sesame-crusted tuna makes for a succulent steak. Try serving it a little on the rare side.



seared sesame tuna
with ginger-soy vinaigrette

Cook tuna a few minutes on each side, then remove from the pan to let steaks rest for a bit. Residual heat will cook them until they're just pink inside.

Makes 2 tuna steaks; Total time: 45 minutes

FOR THE VINAIGRETTE—

- 1/4 cup rice vinegar
- 1/4 cup low-sodium chicken broth
- 2 Tbsp. dry sherry or white wine
- 1 Tbsp. minced fresh ginger
- 1 Tbsp. low-sodium soy sauce
- 1 Tbsp. sugar
- 1 tsp. minced garlic
- Juice of 1/2 a lemon

FOR THE TUNA—

- 1 Tbsp. black sesame seeds
- 1 Tbsp. white sesame seeds
- 2 Tbsp. vegetable oil
- 2 tuna steaks, seasoned with salt and pepper (6 oz. each)
- 1 scallion, bias-sliced (white and green parts)
- Hot chile sesame oil or toasted sesame oil to taste

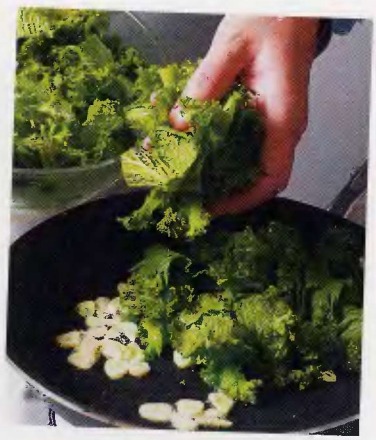
Simmer vinegar, broth, sherry, ginger, soy sauce, sugar, garlic, and lemon juice in a saucepan over medium-high heat until liquid is reduced to 1/4 cup, 5–8 minutes. Keep vinaigrette warm over low heat.
Combine black and white sesame seeds on a plate. Heat oil in a nonstick skillet over medium-high heat.
Coat one side only of each tuna steak in sesame seeds. Sear tuna steaks, seed side down, for 3–4 minutes, then turn tuna over and cook 2–3 minutes more. Transfer tuna steaks to a platter and tent with foil to keep them warm.
Before serving, add scallion slices and sesame oil to warm vinaigrette. Drizzle tuna steaks with vinaigrette.

Per serving: 461 calories; 27g total fat (4g sat); 65mg chol; 10g carb; 364mg sodium; 2g fiber; 43g protein

Reduce vinaigrette, then keep it warm over low heat until tuna steaks are ready.

Press tuna steaks firmly into black and white sesame seeds to coat fish on only one side.

Sear seeded side first, then flip tuna steaks and cook a few minutes more for medium.



sautéed mustard greens

Prepare the greens in the same skillet used to sear the tuna.

Makes 2 servings (3 cups)
Total time: 15 minutes

- 2 cloves garlic, thinly sliced
- 1 Tbsp. olive oil
- 10 oz. mustard greens, arugula, or spinach, stemmed and chopped
- Salt and pepper to taste

Sauté garlic in oil just until soft, about 1 minute. Add greens and toss until they're wilted, 2–3 minutes. Season greens with salt and pepper. Divide greens between two plates to serve.

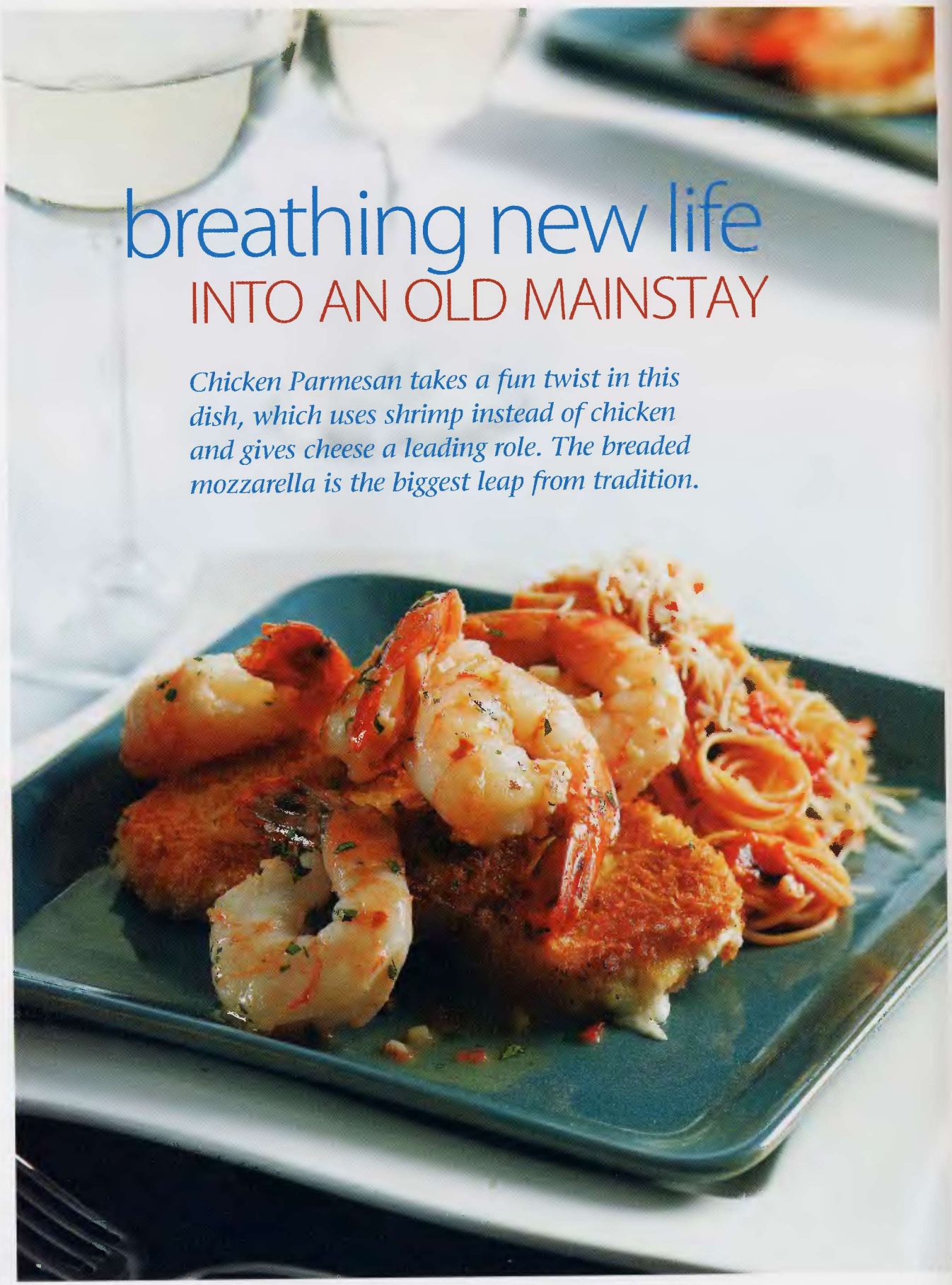
Per serving: 101 calories; 7g total fat (1g sat); 0mg chol; 8g carb; 36mg sodium; 5g fiber; 4g protein

GOOD FOR YOU
TUNA

Like all fish, tuna is a source of omega-3 fatty acids, which help prevent blood clots and work to lower triglycerides. Tuna also provides a dose of vitamin B6, potassium, and magnesium. There's been some press in recent years about high mercury levels in fresh tuna, but when eaten in moderation tuna can be a part of a healthful diet.

breathing new life
INTO AN OLD MAINSTAY

Chicken Parmesan takes a fun twist in this dish, which uses shrimp instead of chicken and gives cheese a leading role. The breaded mozzarella is the biggest leap from tradition.



shrimp parmesan
with chunky tomato sauce & pasta

If possible, use sweet and slightly tart Campari tomatoes for this sauce. Can't find them? Cherry or grape tomatoes make a fine substitute.

Makes 2 servings; Total time: 40 minutes

FOR THE PASTA—

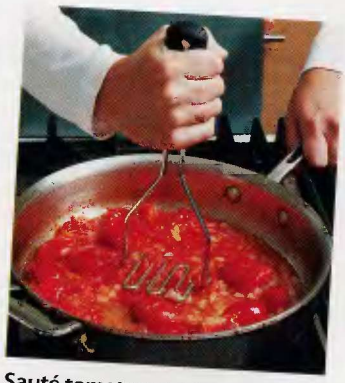
- 2 oz. dry angel hair pasta
- 2 cups Campari, cherry, or grape tomatoes, quartered
- 1/2 cup diced onion
- 1 Tbsp. minced garlic
- 3 Tbsp. olive oil
- 1 Tbsp. tomato paste
- Salt and pepper to taste

FOR THE SHRIMP—

- 10 large shrimp, peeled and deveined
- 1 Tbsp. minced garlic
- 1/4 tsp. red pepper flakes
- 1 Tbsp. olive oil
- 1/3 cup dry white wine
- 2 Tbsp. minced fresh parsley
- Juice of 1/2 a lemon
- Salt to taste
- Shredded Parmesan cheese
- Sliced fresh basil

Bring a pot of salted water to a boil for the angel hair pasta.
Sauté tomatoes, onion, and garlic in 3 Tbsp. oil in a large sauté pan over medium-high heat. Simmer 3 minutes, then crush tomatoes with a potato masher. Stir in tomato paste; season with salt and pepper. Keep sauce warm over low heat.
Cook pasta according to package directions. Drain and add to sauce.
Sauté shrimp, garlic, and pepper flakes in a nonstick skillet with 1 Tbsp. oil over medium-high heat for 1 minute. Deglaze skillet with wine; simmer until liquid is reduced by half, about 1 minute.
Stir in parsley, lemon juice, and salt. To serve, divide pasta between two plates. Top each with shrimp and sauce.
Garnish with Parmesan and basil.

Per serving: 420 calories; 23g total fat (3g sat); 53mg chol; 37g carb; 130mg sodium; 4g fiber; 14g protein



Sauté tomatoes, onions, and garlic, then crush with a potato masher to keep sauce chunky.

Add pasta to sauce, and toss to coat it. Keep pasta warm over low heat until ready to serve.

Deglaze skillet with dry white wine and scrape to loosen any browned bits on the bottom.

breaded mozzarella

Hold these in a warm oven while you prepare the Shrimp Parmesan.

Makes 4 slices
Total time: 20 minutes

- 1 cup panko bread crumbs
- 2 eggs, beaten
- 3 Tbsp. all-purpose flour
- 4 slices fresh mozzarella (1 oz. each, about 1/4-inch thick)
- 1/4 cup olive oil
- Salt and pepper to taste

Place panko, eggs, and flour in three separate shallow bowls.
Dredge each slice of cheese in flour. Dip cheese in egg, then coat in panko. Repeat dipping and coating a second time to double-coat cheese with egg and panko.
Heat oil in a nonstick skillet over high heat. Fry cheese slices until golden, 2–3 minutes per side. Transfer cheese slices to a paper towel-lined plate. Season them with salt and pepper. Keep cheese warm until ready to serve.

Per slice: 307 calories; 23g total fat (2g sat); 110mg chol; 15g carb; 166mg sodium; 0g fiber; 10g protein

ALL ABOUT FRESH MOZZARELLA

In Italy, fresh mozzarella is traditionally made from the milk of water buffalo. It has a soft texture and rich flavor, and it's increasingly easy to find. An alternative is fresh mozzarella made from cow's milk.

give your fish
A FRESH THAI MAKEOVER

This Asian-styled dish is surprisingly filling! The thick fish fillets are meaty, and grilling them brings out extra flavor. The creamy broth is refreshing with a hint of spicy hotness.

grilled cilantro fish in coconut broth

If you're craving a meal with more carbohydrates, serve this fish atop a mound of your favorite plain white rice.

Makes 2 fillets, 3/4 cup broth; Total time: 30 minutes

FOR THE FISH—

- 1/2 cup packed fresh cilantro leaves and stems
- 1 clove garlic
- 3 Tbsp. lime juice, divided
- Pinch of salt and red pepper flakes
- 1 Tbsp. olive oil
- 2 fresh halibut or grouper fillets (4–6 oz. each)

FOR THE BROTH—

- 2 Tbsp. minced shallots
- 2 Tbsp. minced fresh ginger
- Minced zest of 1/2 a lemon
- 1 1/2 tsp. vegetable oil
- 1 cup light coconut milk
- 3 Tbsp. low-sodium chicken broth
- 1 Tbsp. sugar
- 1 tsp. fish sauce
- 1 serrano or Thai chile pepper, thinly sliced
- 1/4 cup diced red bell pepper
- Torn fresh mint leaves

Coat grill with nonstick spray; preheat to medium-high.

Mince cilantro and garlic with 1 Tbsp. lime juice, salt, and pepper flakes in a food processor. Drizzle in olive oil and transfer mixture to a shallow bowl. Add fish and marinate for 15 minutes.

Sauté shallots, ginger, and zest in vegetable oil in a saucepan over medium-low heat until soft, 5 minutes. Add coconut milk, broth, sugar, fish sauce, and remaining 2 Tbsp. lime juice. Simmer broth 2 minutes. Stir in chile pepper. Reduce heat and keep broth warm. Remove fish from marinade, discarding remaining marinade.

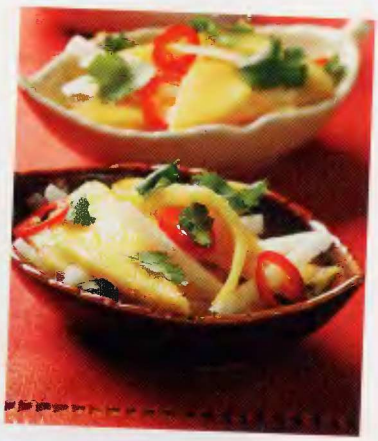
Grill fish over direct heat, covered, for 5 minutes. Turn fillets over, cover, and cook until firm, 5–7 minutes more. To serve, divide broth between two bowls, add fish, and garnish with bell pepper and mint leaves.

Per serving: 462 calories; 36g total fat (23g sat); 42mg chol; 14g carb; 318mg sodium; 2g fiber; 26g protein

Marinate fish in a shallow bowl for 15 minutes, turning fillets often to coat all sides.

Avoid browning shallots, ginger, and lemon zest, as it will affect the final color of the broth.

Turn fillets over carefully, using your hand to help guide the fish back onto the grill.



thai mango salad

This cool, crisp salad complements hot fish fresh off the grill.

Makes 2 servings (1 cup)
Total time: 10 minutes

- 1 Tbsp. lime juice
- 1 1/2 tsp. brown sugar
- 1/4 tsp. low-sodium soy sauce
- Salt to taste
- 1/2 cup peeled, pitted, thinly sliced underripe mango
- 1/2 cup julienned jicama
- 2 Tbsp. minced fresh cilantro
- 1 Tbsp. red or green chile pepper, sliced

Combine lime juice, brown sugar, soy sauce, and salt in a bowl, stirring to dissolve sugar.

Toss mango, jicama, cilantro, and chile pepper in dressing. Serve salad at room temperature.

Per serving: 53 calories; 0g total fat (0g sat); 0mg chol; 14g carb; 25mg sodium; 2g fiber; 1g protein

GOOD FOR YOU

HALIBUT

Halibut is a nutrient-dense fish. Besides being high in protein, it's also rich in vitamins B12 and B6, potassium, and omega-3 fatty acids, which help lower blood pressure as well as bad cholesterol. In addition, halibut is a good source of magnesium, which improves the flow of blood, oxygen, ond nutrients throughout the body.

simple salmon
SPECTACULAR CAKES!

Want to serve salmon in a form other than fillets? For a change of pace, try this tasty and beautiful version of an updated favorite, the classic salmon croquette.

top-notch salmon cakes

This isn't a recipe for expensive, wild-caught salmon. Farm-raised salmon will work just fine — once the cakes are cooked, you won't be able to tell.

Makes 2 servings (4 cakes); Total time: 45 minutes

- 1/2 cup panko bread crumbs
- 1/4 cup diced celery
- 2 Tbsp. chopped fresh cilantro
- 2 Tbsp. diced onion
- 1 egg white
- 1 tsp. Sriracha or chili garlic sauce
- 2 tsp. lemon juice
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 1/2 lb. fresh salmon, skinless, diced
- 1 Tbsp. vegetable oil

Process panko, celery, cilantro, onion, egg white, Sriracha, lemon juice, salt, and pepper in a food processor until vegetables are minced.
Combine salmon with vegetable mixture. Using a 1/3-cup measure, form salmon mixture into four cakes. Lightly press cakes into 1-inch-thick patties. Arrange on a parchment-lined baking sheet, cover, and chill for 30 minutes.
Preheat oven to 400°.
Heat oil in an ovenproof sauté pan over medium-high heat. Add cakes and fry until browned, about 2 minutes per side. Transfer pan to oven to cook salmon cakes through, 2–4 minutes.

Per serving: 291 calories; 15g total fat (2g sat); 62mg chol; 12g carb; 645mg sodium; 1g fiber; 26g protein

Combine chopped salmon and processed ingredients in a bowl. Blend gently but thoroughly.

Don't press hard to form the cakes. The salmon and egg white will bind together when chilled.

Cakes may stick slightly to pan. Slide a thin spatula under them, turn gently, and finish cooking.

creamed asparagus

The dill and citrus in this side dish punch up salmon's flavor.

Makes 2 servings (1 cup)
Total time: 20 minutes

- 1/2 lb. asparagus, trimmed, cut into 1- to 2-inch pieces
- 2 Tbsp. unsalted butter
- 2 Tbsp. all-purpose flour
- 1 cup whole milk
- 1/2 cup low-sodium chicken broth
- 2 Tbsp. chopped fresh dill
- Lemon juice, minced lemon zest, salt, and white pepper to taste

Blanch asparagus in boiling water until crisp-tender, 3–4 minutes. Transfer asparagus to a bowl of ice water to prevent further cooking.
Melt butter in a saucepan over medium heat. Whisk in flour and cook for 1 minute. Add milk and broth; increase heat to high. Bring mixture to a boil, whisking constantly until sauce thickens.
Off heat, add dill, lemon juice, and zest. Season with salt and pepper.
Stir in asparagus just before serving.

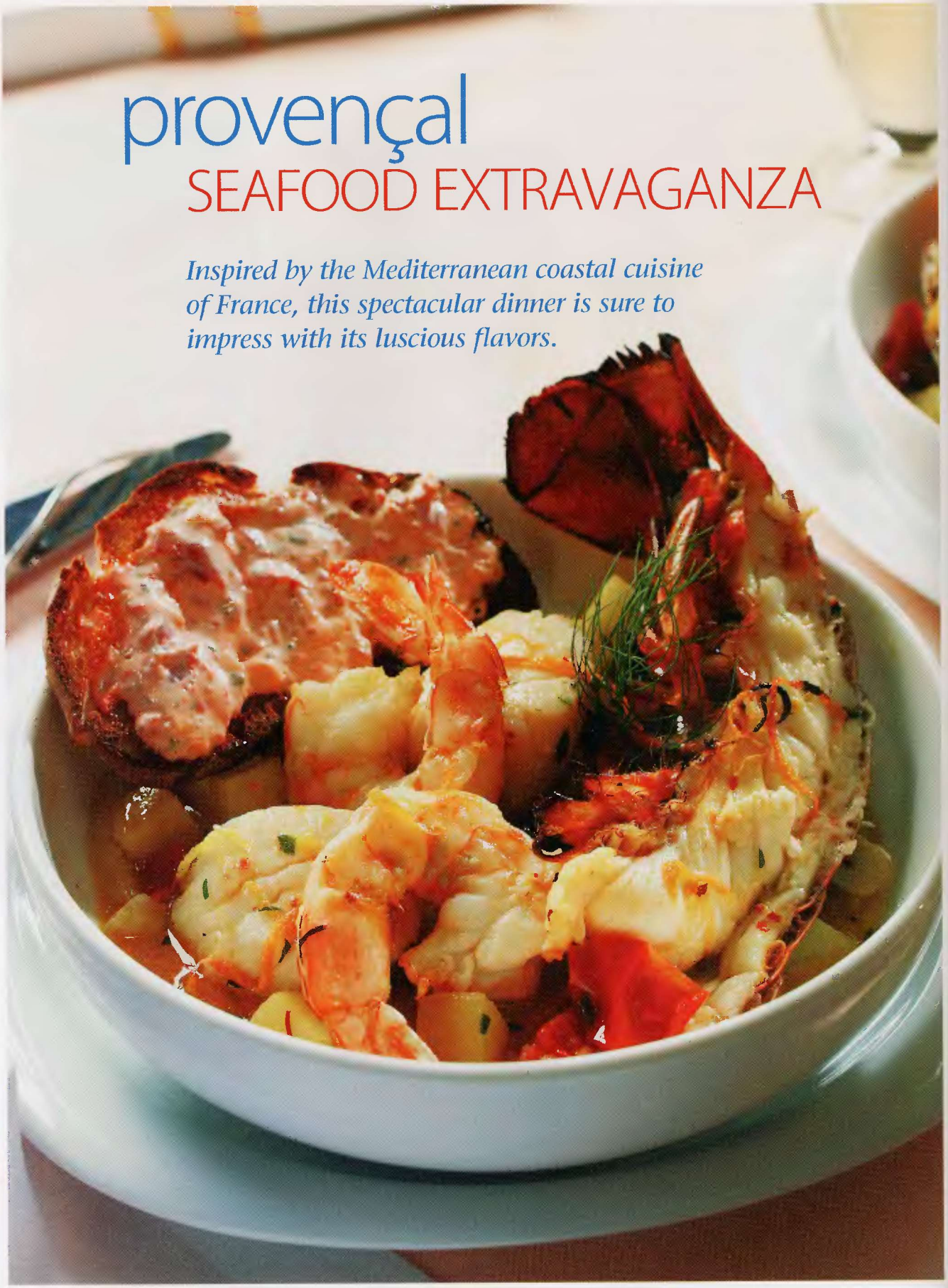
Per serving: 231 calories; 16g total fat (10g sat); 42mg chol; 16g carb; 71mg sodium; 3g fiber; 9g protein

ALL ABOUT FRESH FISH

For the freshest fish, shop at a reputable, high-volume fish market. Smell the fillets — if they have a fishy or "off" odor, ask for something else.

provençal
SEAFOOD EXTRAVAGANZA

Inspired by the Mediterranean coastal cuisine of France, this spectacular dinner is sure to impress with its luscious flavors.



broiled citrus seafood
in bouillabaisse broth

The shrimp and scallops can be swapped with other seafood, but don't skip the lobster — you'll really score points there!

Makes 2 servings; Total time: about 1 hour

FOR THE SEAFOOD—

- 1 lobster tail (6–7 oz.), split lengthwise
- 4 sea scallops
- 4 jumbo shrimp, peeled and deveined, with tails left on
- 2 Tbsp. olive oil
- Juice and zest of 1/2 an orange and 1/2 a lemon
- Pinch of red pepper flakes

FOR THE BROTH—

- 1 cup cubed Yukon gold potatoes
- 1 cup sliced fennel (1/2 a bulb)
- 2 Tbsp. olive oil
- 2 garlic cloves, sliced
- 1 can low-sodium chicken broth (14 oz.)
- 1/4 cup dry white wine
- 6 cherry tomatoes, quartered
- 6 threads saffron
- Juice and minced zest of 1/2 a lemon
- Salt to taste
- 1/4 cup chopped fresh parsley
- Fennel fronds

Toss lobster, scallops, and shrimp with 2 Tbsp. oil, orange and lemon juices and zests, and pepper flakes. Marinate the seafood for 30 minutes.

Sweat potatoes and fennel in 2 Tbsp. oil in a sauté pan over medium heat until fennel begins to soften, 5 minutes. Add garlic and cook 1 minute.

Stir in broth, wine, tomatoes, saffron, and lemon juice and zest. Cover; simmer for 10 minutes. Remove lid; simmer 5 minutes to reduce liquid. Season with salt, then cover to keep broth warm.

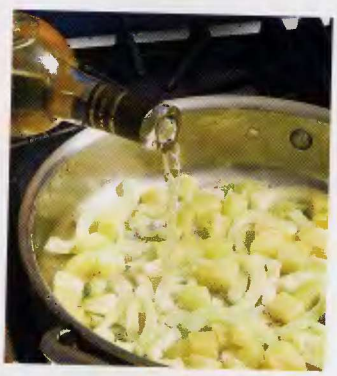
Remove seafood from marinade. Place seafood on a rack over a baking sheet. Season seafood with salt. Broil seafood until it's cooked through, 5–8 minutes.

Stir parsley into broth, then ladle broth and vegetables into two shallow bowls. Top each with seafood. Garnish with fennel fronds.

Per serving: 439 calories; 29g total fat (4g sat); 113mg chol; 21g carb; 329mg sodium; 3g fiber; 26g protein

To split lobster tails, start from the fin and slice through meat and shell, pressing firmly.

Marinating with citrus adds bright flavor to the seafood. Toss occasionally to coat the seafood.



Deglaze pan with wine, scraping with a wooden spoon to release bits of garlic stuck to the bottom.

tarragon mayonnaise toasts

The cool minty flavor of tarragon is a natural with seafood.

Makes 2 servings
Total time: 20 minutes

- 1 jar sliced pimientos, drained (2 oz.)
- 2/3 cup mayonnaise
- 1 Tbsp. chopped fresh tarragon
- 2 cloves garlic
- Juice of 1/2 a lemon
- Salt to taste
- 2 slices baguette, 1/2-inch thick
- Olive oil

Blend pimientos, mayonnaise, tarragon, garlic, lemon juice, and salt in a food processor until smooth. **Brush** baguette slices on both sides with oil. Toast bread in a hot skillet on both sides. Spread with some of the tarragon mayonnaise.

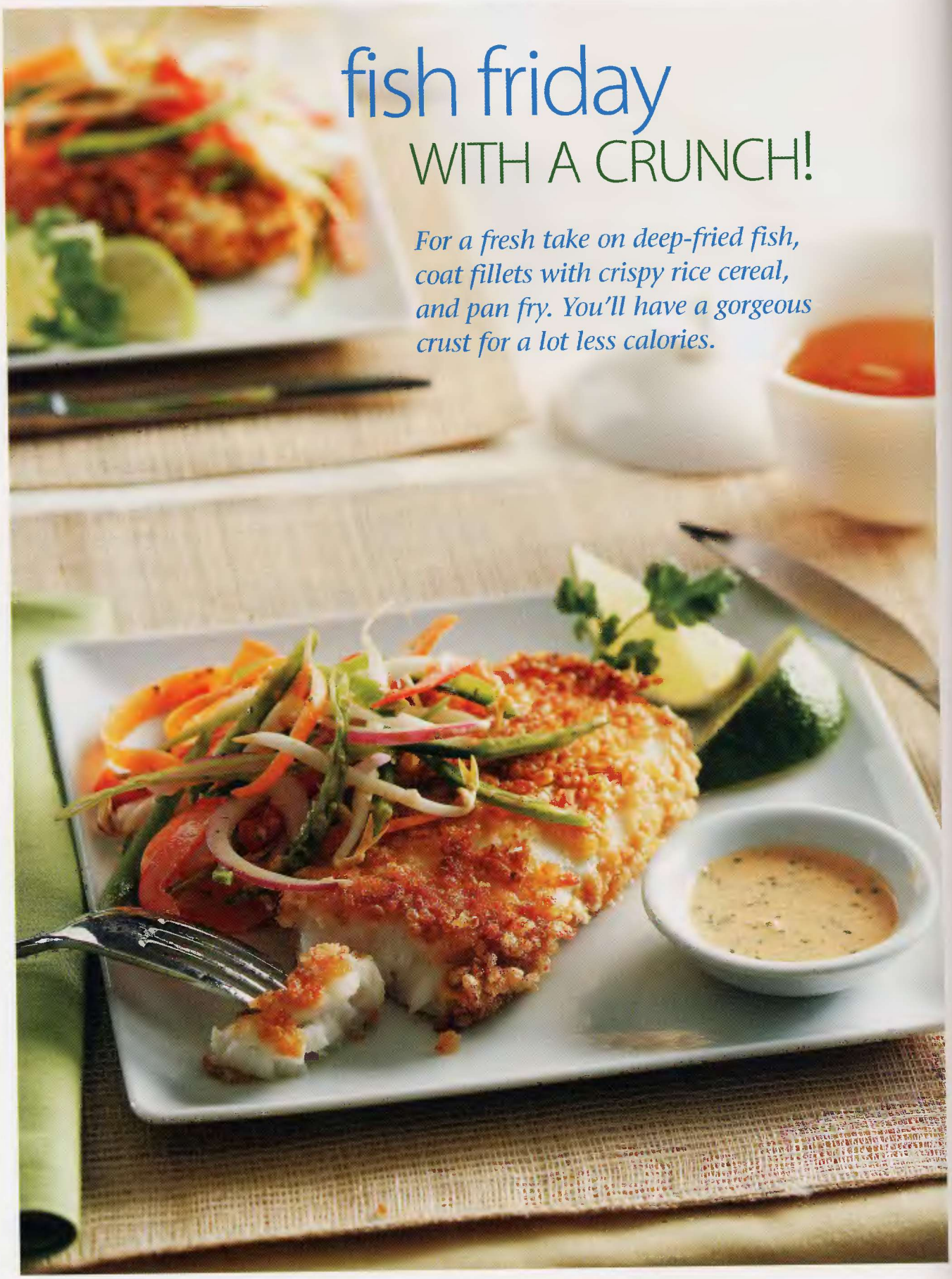
Per serving: 121 calories; 8g total fat (1g sat); 3mg chol; 10g carb; 166mg sodium; 1g fiber; 2g protein

ALL ABOUT LOBSTER TAILS

Lobster tails are a classic choice for a special occasion. Since they're always sold frozen, there's never the mess associated with cleaning fresh fish. Normally, fresh seafood is preferable to frozen. Most lobster tails are flash-frozen, which preserves their quality. When possible, choose cold-water lobster tails. Their meat is sweeter and firmer.

fish friday WITH A CRUNCH!

For a fresh take on deep-fried fish, coat fillets with crispy rice cereal, and pan fry. You'll have a gorgeous crust for a lot less calories.



crispy sea bass

Sea bass is snow white in color and has a buttery, mild flavor. If this fish isn't your pick, grouper or cod make great substitutes.

Makes 2 servings; Total time: 1 hour

- 1 egg white
- 1 Tbsp. low-sodium soy sauce
- 2 sea bass, grouper, or cod fillets (6 oz. each)
- Salt and pepper
- 3 Tbsp. all-purpose flour
- 1 cup lightly crushed crisp rice cereal
- 3 Tbsp. vegetable oil
- Lime wedges
- Sprigs of fresh cilantro

Preheat oven to 450°.
Place egg white and soy sauce in a bowl. Beat on high speed with an electric mixer until soft peaks form. Season fish with salt and pepper.
Dredge fillets in flour, shaking off the excess. Coat fish in egg mixture, then dip fillets in cereal.
Heat oil in an ovenproof nonstick skillet over medium heat. When oil is hot but not smoking, add fish and cook until golden, 2–3 minutes per side. Transfer pan to oven and roast until the thickest part of the fillets flakes easily with a fork, 8–10 minutes.
Garnish fillets with lime wedges and cilantro sprigs.

Per serving: 460 calories; 24g total fat (4g sat); 70mg chol; 23g carb; 540mg sodium; 1g fiber; 36g protein

To create a more even coating, crush cereal in your palm before dredging egg-dipped fillets.

Sauté fillets on both sides just until the crust is golden. Finish cooking the fish in the oven.

ALL ABOUT LEMON GRASS

Long an essential ingredient in Asian cuisine, lemon grass is a reedy, grass-like stalk with a slightly bulbous base. It has an aromatic lemon scent and flavor, without the tartness of lemon. Lemon grass usually is minced for use in marinades and dressings, or bruised and added in large chunks to soups, stews, or curries.

creamy lemon grass slaw

This makes extra dressing. Serve the remainder as sauce for the fish.

Makes 2 servings
Total time: 15 minutes

FOR THE LEMON GRASS DRESSING—

- 1/3 cup minced fresh lemon grass (about 3 stalks)
- 3 Tbsp. light mayonnaise
- 4 tsp. rice vinegar
- 1 1/2 tsp. low-sodium soy sauce
- 1–2 tsp. Sriracha or chili garlic sauce (*optional*)
- 8 sprigs fresh cilantro
- 1 shallot, halved
- Juice of 1/2 a lime

FOR THE SLAW—

- 1 cup snow peas, sliced into thin strips
- 3/4 cup bean sprouts
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced red onion
- 1/2 cup carrot strips

Pulse lemon grass, mayonnaise, vinegar, soy sauce, Sriracha, cilantro, shallot, and lime juice for the dressing in a food processor until smooth. Transfer to a bowl; cover and set aside.
Combine snow peas, bean sprouts, bell pepper, onion, and carrot for the slaw. Toss slaw with 1/2 cup lemon grass dressing.

Per serving: 187 calories; 8g total fat (2g sat); 8mg chol; 27g carb; 377mg sodium; 5g fiber; 6g protein

dixie shrimp supper IN A HURRY

This isn't the traditional saucy shrimp Creole that's served on fluffy white rice. A faster interpretation, this dish uses the same ingredients but in a Southern-style stir-fry.

shrimp creole
with savory sautéed rice

For best results, stick with light, fluffy converted rice. Regular cooked rice makes a poor substitute — it's too starchy.

Makes 2 servings; Total time: 25 minutes

- 1/4 cup dry converted rice
- 1/4 tsp. kosher salt
- 1/4 tsp. paprika
- 1/4 tsp. dried thyme leaves
- 1/4 tsp. ground black pepper
- Pinch of cayenne pepper
- 1/2 lb. large shrimp, peeled and deveined, with tails left on
- 1/2 cup diced ham
- 2 Tbsp. olive oil, divided
- 1/2 cup diced green bell pepper
- 2 tsp. minced garlic
- 1 cup halved cherry tomatoes
- 1/4 cup minced scallions
- Tabasco sauce to taste

Cook rice according to package directions. Set aside and keep it warm.
Combine salt, paprika, thyme, pepper, and cayenne in a bowl. Add shrimp; toss to coat. Sauté shrimp and ham in 1 Tbsp. oil in a large sauté pan over medium-high heat. Cook, stirring occasionally, until shrimp are firm and pink, about 4 minutes. Transfer shrimp mixture to a plate and set aside. Return pan to burner.
Sauté bell pepper and garlic in remaining 1 Tbsp. oil over medium-high heat until pepper begins to soften, about 2 minutes. Stir in tomatoes and prepared rice; cook 3–4 minutes. Add shrimp and ham; stir to combine.
Stir in scallions and Tabasco sauce.

Per serving: 398 calories; 16g total fat (3g sat); 195mg chol; 28g carb; 883mg sodium; 2g fiber; 35g protein

Combine seasonings in a bowl, add shrimp; toss until shrimp are well coated with mixture.

Sauté pepper and garlic in oil until soft, then add tomatoes and cooked rice and stir together.

Combine shrimp and ham with cooked rice. Add scallions and Tabasco just before serving.

jalapeño cheese bread

Pop these in the oven just as soon as the Shrimp Creole is finished.

Makes 2 servings
Total time: 10 minutes

- 1 hoagie bun, split (6-inch)
- 1 cup shredded farmer's cheese or Monterey Jack cheese
- 1 Tbsp. minced jalapeño pepper

Preheat broiler to high.
Sprinkle cut sides of bun with cheese and jalapeño. Arrange on a baking sheet and broil until cheese is melted and golden, about 2 minutes. Remove bread from oven, then slice in half crosswise.

Per serving: 312 calories; 20g total fat (12g sat); 50mg chol; 17g carb; 463mg sodium; 1g fiber; 17g protein

ALL ABOUT CONVERTED RICE

Converted rice is unhulled rice that's been soaked in hot water, steamed, and dried. The husks are then removed, and the rice is milled. From this process, the grains retain 80 percent of their vitamins, but lose starch, making the rice less sticky. Converted rice isn't as white as regular long-grain rice, and it takes slightly longer to cook.

looks great
TASTES EVEN BETTER!

Too often salmon is overcooked, and no amount of sauce can improve it. This simple preparation yields salmon that's moist, flavorful, and "rock star" gorgeous.

orange-glazed salmon

To check for pin bones, run your fingertips over the salmon fillet. Use needle-nose pliers to pull out any bones that you find.

Makes 2 servings; Total time: 20 minutes

- 2 Tbsp. Cajun spice
- 1/2 tsp. brown sugar
- Pinch of kosher salt
- 2 boneless, skinless fresh salmon fillets (6 oz. each)
- 1 Tbsp. vegetable oil
- 2 Tbsp. orange marmalade
- 1 1/2 tsp. lime juice
- Lime wedges

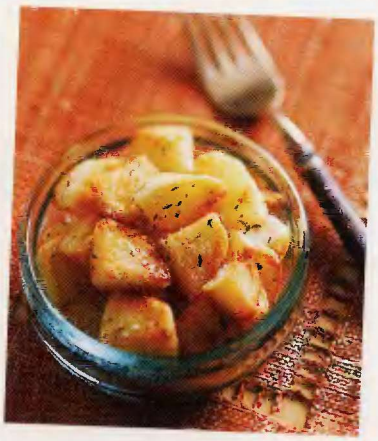
Combine Cajun spice, brown sugar, and salt in a small bowl. Rub mixture over all surfaces of fillets. Sauté fillets in oil in a large nonstick skillet over medium-high heat for 3–4 minutes. Turn fish and sauté an additional 2–3 minutes.
Blend marmalade and lime juice in a small bowl; add to pan with salmon. Swirl mixture in pan until marmalade is melted. Carefully turn fish to coat all sides with the glaze. Fish is done when it begins to flake with a fork.
Serve fillets with lime wedges.

Per serving: 356 calories; 18g total fat (3g sat); 94mg chol; 34g carb; 1695mg sodium; 0g fiber; 34g protein

Once each fillet has been checked for pin bones, rub the spice mixture into the salmon.

Carefully turn the salmon over to avoid breaking it. Cook second side about 2 minutes more.

Add marmalade mixture to skillet. When marmalade melts, turn the fish fillets to coat them.



home-style fries

Start these fries before the salmon so both are done at the same time.

Makes 2 servings (4 cups)
Total time: 25 minutes

- 3/4 lb. russet potatoes, peeled and cut into 1-inch cubes
- 2 Tbsp. vegetable oil
- 1/2 tsp. dried thyme
- Salt and pepper to taste

Parboil potatoes in 3 quarts of boiling salted water for 5 minutes; drain well.
Heat oil in a large nonstick sauté pan over medium-high heat. Add potatoes and sauté 5 minutes without stirring. Stir and cook until golden, about another 7 minutes.
Season potatoes with thyme, salt, and pepper.

Per serving: 256 calories; 14g total fat (2g sat); 0mg chol; 31g carb; 9mg sodium; 3g fiber; 4g protein

ALL ABOUT SALMON

Salmon is an excellent source of omega-3 fatty acids, a nutrient that's key to good health. In general, wild salmon have more omega-3s because they feed on ocean shellfish. That's what gives the fish its deep pink color. Farm-raised salmon isn't quite as high in fatty acids (nor is it as colorful), but it still provides a good dose of omega-3s.

a bayou-tiful meal
STUFFED SHRIMP, Y'ALL!

Creole seasoning typically includes garlic, cayenne, and black pepper. Add it to stuffing for jumbo shrimp, and you've got the makings of a sensational Louisiana-style supper.

creole stuffed shrimp
with whole-grain mustard sauce

If you don't have butter crackers (like Ritz), substitute coarse bread crumbs.

Makes 2 servings (2/3 cup sauce); Total time: 1 hour

FOR THE SHRIMP—

- 1/2 cup diced kielbasa
- 3 Tbsp. unsalted butter, divided
- 1/2 cup diced onion
- 1/4 cup diced green bell pepper
- 1/4 cup diced celery
- 1 clove garlic, minced
- 1 tsp. Creole seasoning blend
- 1/4 cup dry sherry or white wine
- 1 cup coarsely crushed butter crackers
- 1/4 cup low-sodium chicken broth
- 2 Tbsp. minced fresh parsley
- Salt and pepper
- 6 jumbo shrimp, peeled with tails left on, deveined, and butterflied (about 1/2 lb.)

FOR THE SAUCE—

- 2 Tbsp. whole-grain mustard
- 2 Tbsp. mayonnaise
- 2 Tbsp. minced scallions
- 1 Tbsp. honey
- 1 Tbsp. low-sodium chicken broth
- Juice of 1/2 a lemon

Preheat oven to 425°. Coat a 9-inch square baking dish with nonstick spray. **Sauté** kielbasa in 1 Tbsp. butter in a nonstick skillet over medium heat until kielbasa begins to brown, 3 minutes. Add onion, bell pepper, celery, garlic, and Creole seasoning. Sauté until vegetables are soft, about 5 minutes.

Deglaze skillet with sherry; simmer until liquid evaporates. Off heat, add crackers, 1/4 cup broth, parsley, salt, and pepper. Mound 2 Tbsp. of stuffing on each butterflied shrimp; arrange shrimp in prepared baking dish.

Drizzle 2 Tbsp. melted butter over shrimp and roast in oven until shrimp are cooked through, 10–12 minutes.

Mix mustard, mayonnaise, scallions, honey, 1 Tbsp. broth, and lemon juice for the sauce in a bowl.

To serve, divide sauce between two dinner plates. Arrange three stuffed shrimp on each plate.

Per serving: 531 calories; 25g total fat (7g sat); 208mg chol; 38g carb; 1325mg sodium; 2g fiber; 32g protein

To butterfly shrimp, cut a slit down the center of the "leg side." Avoid slicing all the way through.

Off heat, add cracker crumbs to the sautéed stuffing mixture; stir until liquid is absorbed.

Mound stuffing onto shrimp, then press the tail over the top. Roast the shrimp in the oven.

braised greens & black-eyed peas

Canned black-eyed peas are already cooked; add them last.

Makes 2 servings (1 1/2 cups)
Total time: 10 minutes

- 3/4 cup slivered onion
- 1 Tbsp. olive oil
- 3/4 cup chopped tomato
- Pinch of red pepper flakes
- 4 cups chopped collard greens
- 1/2 cup low-sodium chicken broth
- 1 Tbsp. sugar
- 1/2 cup canned black-eyed peas, drained and rinsed
- 2 Tbsp. apple cider vinegar
- Salt to taste

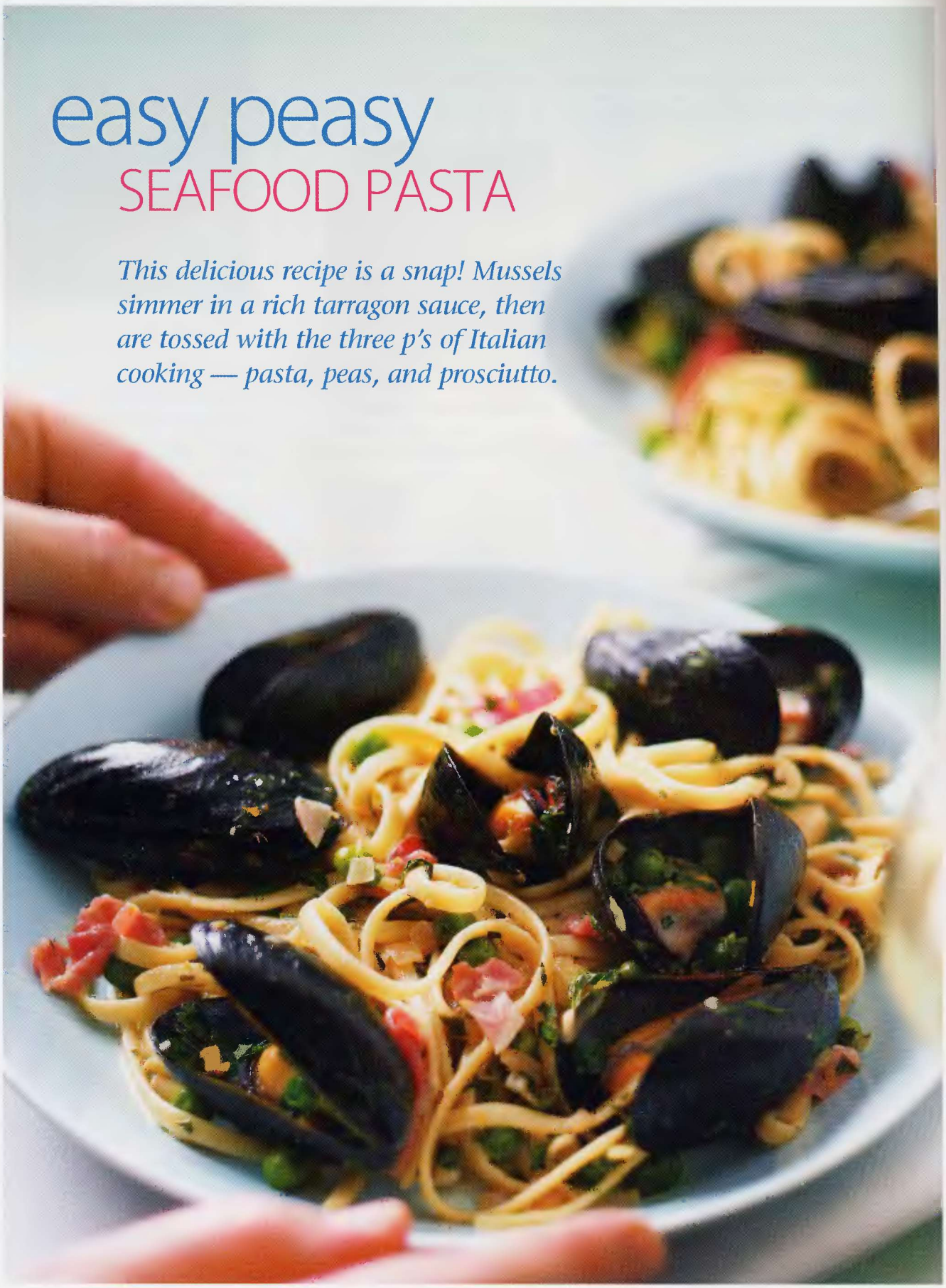
Sauté onion in oil in a skillet over medium-high heat until onion starts to brown, about 3 minutes. Add tomato and pepper flakes; sauté 1 minute.

Stir in greens, broth, and sugar; simmer until broth is nearly evaporated, about 5 minutes. Just before serving, stir in black-eyed peas, vinegar, and salt to taste; cook until heated through, 1–2 minutes.

Per serving: 189 calories; 8g total fat (1g sat); 0mg chol; 26g carb; 53mg sodium; 6g fiber; 7g protein

easy peasy
SEAFOOD PASTA

This delicious recipe is a snap! Mussels simmer in a rich tarragon sauce, then are tossed with the three p's of Italian cooking — pasta, peas, and prosciutto.



linguine & mussels
with lemon-tarragon cream sauce

Tarragon tastes a bit like licorice but isn't as pungent. It's the classic herb to pair with mussels. If you're not a fan of tarragon, use basil instead.

Makes 2 servings; Total time: 30 minutes

- 4 oz. dry linguine
- 2 Tbsp. minced shallots
- Pinch of red pepper flakes
- 1 Tbsp. olive oil
- 1/2 cup dry white wine
- 1/4 cup chicken broth
- 1/4 cup heavy cream
- Minced zest of 1 lemon
- Juice of 1/2 a lemon
- 1 lb. mussels, scrubbed and debearded
- 2 Tbsp. unsalted butter
- 2 Tbsp. chopped fresh parsley
- 2 Tbsp. chopped fresh tarragon
- 1/2 cup frozen peas, thawed
- 1 oz. prosciutto, sliced into thin ribbons
- Salt and pepper to taste

Bring a large pot of salted water to boil for linguine.
Cook linguine according to package directions; drain well.
Sauté shallots and pepper flakes in oil in a large sauté pan over medium-high heat until shallots are soft, about 3 minutes.
Deglaze pan with wine; add broth, cream, zest, and lemon juice. Simmer until slightly thickened, 3–5 minutes.
Add mussels to cream sauce. Cover and steam until shells open, about 4 minutes. Discard any mussels that don't open, then stir in butter, parsley, and tarragon. Spoon sauce over mussels to coat them.
Stir in peas, prosciutto, salt, and pepper. Add drained linguine to pan with mussels and sauce. Toss mixture well before serving.

Per serving: 836 calories; 38g total fat (17g sat); 146mg chol; 72g carb; 1194mg sodium; 8g fiber; 46g protein

Avoid browning the shallots as you sauté or they'll darken the sauce. Deglaze pan with wine.

Discard mussels that don't open, then add butter and herbs. Spoon sauce over mussels.

To preserve the color of the peas and prosciutto, toss them with the pasta just before serving.

parmesan baguette

Bread is a must with the linguine. You need it to sop up the delicious sauce!

Makes 2 servings
Total time: 20 minutes

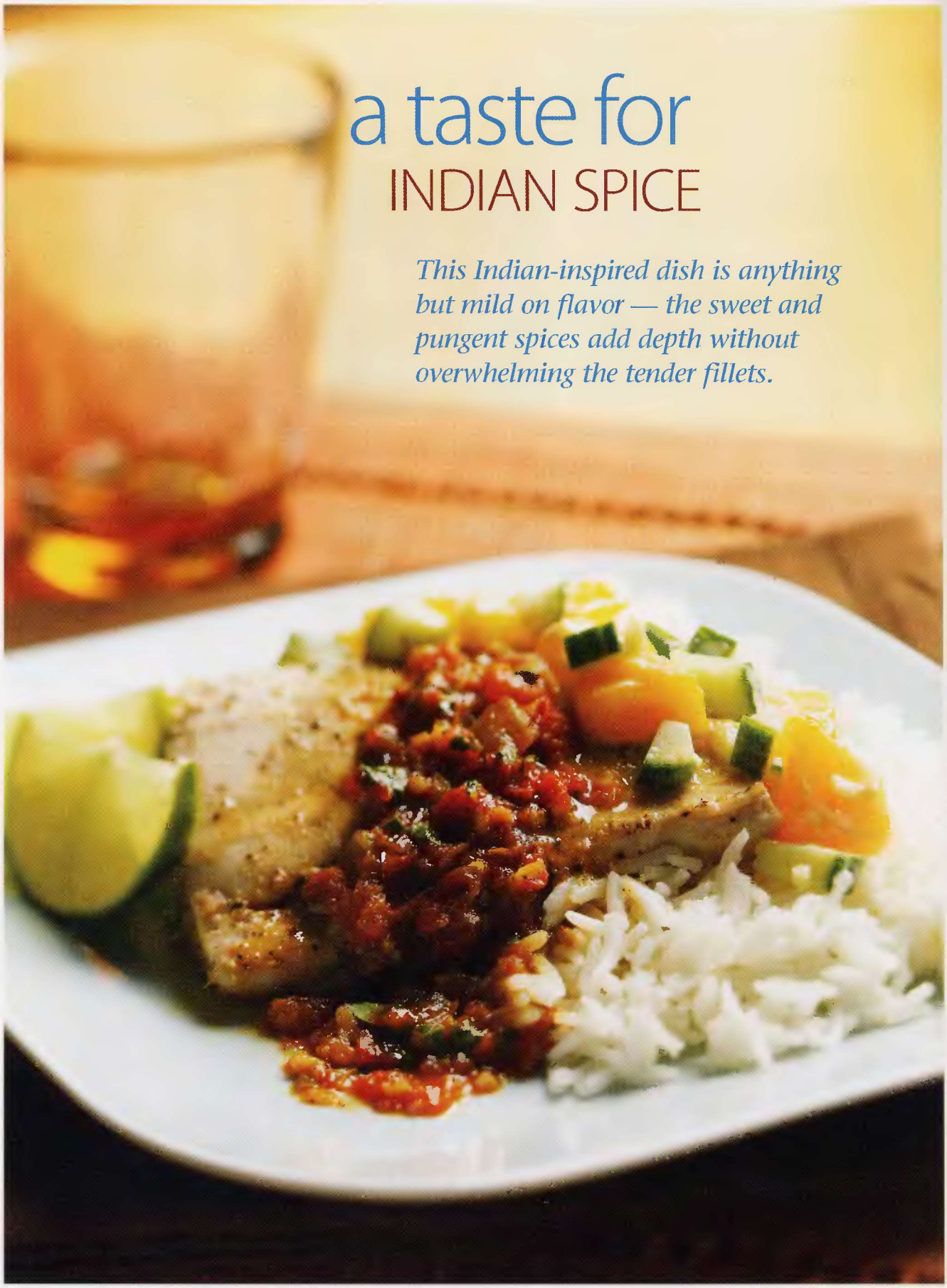
- 2 Tbsp. unsalted butter, softened
- 1/4 tsp. minced garlic
- 1 tsp. minced fresh parsley
- 1/4 tsp. kosher salt
- Pinch *each* dried oregano, paprika, and red pepper flakes
- 1/4 baguette, halved lengthwise
- 2 Tbsp. shredded Parmesan cheese

Preheat oven to 425°.
Combine butter, garlic, parsley, salt, oregano, paprika, and pepper flakes. Spread cut sides of baguette with butter mixture and sprinkle with Parmesan. Place bread, buttered side up, on a baking sheet. Bake until cheese and bread are toasted, about 10 minutes.

Per serving: 278 calories; 15g total fat (8g sat); 36mg chol; 29g carb; 700mg sodium; 1.5g fiber; 7g protein

ALL ABOUT PREPARING MUSSELS

Discard any mussels that are dead. A live mussel either will be tightly closed or will snap shut when its shell is tapped. Use a pair of pliers to remove the beard (the fibrous thread) that clings to the outside of the shell. Thoroughly scrub shells under cold running water to remove any dirt.



a taste for INDIAN SPICE

This Indian-inspired dish is anything but mild on flavor — the sweet and pungent spices add depth without overwhelming the tender fillets.

masala-poached mahi mahi
with coconut rice

Makes 2 servings (2½ cups rice); Total time: 45 minutes

FOR THE RICE—

- 1 cup light coconut milk
- ¾ cup dry basmati rice
- ½ cup water
- 2 tsp. sugar
- ¼ tsp. kosher salt

FOR THE FISH—

- ½ cinnamon stick (about 2 inches)
- 6 whole cloves
- 2 Tbsp. vegetable oil
- ½ cup diced onion
- 1 tsp. curry powder
- 3 cloves garlic, minced
- 1 Tbsp. minced fresh ginger
- 1 serrano chile pepper, minced
- 1 bay leaf
- 1 cup chopped tomatoes
- 1 tsp. brown sugar
- 2 mahi mahi or swordfish fillets, seasoned with salt and pepper (6 oz. each)
- 1 Tbsp. unsalted butter
- ¼ tsp. garam masala or curry powder
- Juice of ½ a lime
- Salt to taste
- Chopped fresh cilantro

Combine coconut milk, rice, water, sugar, and salt in a saucepan. Bring to boil over high heat, cover, and cook over low heat until rice is tender, 15–18 minutes. Fluff rice; cover to keep it warm.
Fry cinnamon and cloves in oil in a nonstick skillet over medium-high heat for 5 minutes. Add onion and sauté until onion is brown, about 5 minutes. Remove cinnamon and cloves.
Stir in curry, garlic, ginger, serrano pepper, and bay leaf; cook 1 minute.
Add tomatoes and brown sugar. Cover, reduce heat, and simmer until tomatoes break down, about 10 minutes.
Poach mahi mahi in sauce, covered, until cooked through, 8–10 minutes. Transfer fish to dinner plates.
Swirl butter, garam masala, lime juice, salt, and cilantro into sauce. Spoon sauce over fish and serve with rice and raita.

Per serving: 728 calories; 28g total fat (12g sat); 139mg chol; 88g carb; 422mg sodium; 4g fiber; 39g protein

Browned onions add flavor, so add the curry, garlic, ginger, and chile after the onions are dark.

To keep fish fillets white for a nice presentation, don't turn them during poaching.

Boost the flavor of the sauce by swirling in butter, garam masala, and lime juice before serving.

gingered mango-cucumber raita

Garnish each fillet with a generous spoonful of the raita.

Makes 2 servings (1 cup)
Total time: 15 minutes

- ½ cup diced cucumber
- ½ cup peeled and diced mango
- 2 tsp. minced fresh ginger
- ½ tsp. sugar
- ⅛ tsp. ground cumin
- Salt and white pepper to taste
- 2–3 Tbsp. plain yogurt
- Juice of ½ a lime

Stir together cucumber, mango, ginger, sugar, cumin, salt and pepper. Add just enough yogurt and lime juice to dress the mixture lightly; chill until ready to serve.

Per serving: 46 calories; 0g total fat (0g sat); 0mg chol; 11g carb; 16mg sodium; 1g fiber; 1g protein

ALL ABOUT GARAM MASALA

Used in Indian cooking, garam masala is a seasoning blend of cinnamon, cloves, and black pepper. It's not the same as curry powder, although the two blends share similar ingredients. Some brands of garam masala contain salt. Read labels to find one that's salt-free.

simple spring pasta
ANY TIME OF YEAR

Primavera is comfort food at its best: creamy and delicious, but brimming with veggies so you don't have to feel guilty about eating it. This rich sauce is a perfect match for the seared shrimp and scallops.

tagliatelle primavera
with goat cheese sauce & seared seafood

Simmering the vegetables in a little cooking water from the pasta adds flavor and helps the goat cheese melt smoothly into the sauce.

Makes 2 servings; Total time: 40 minutes

FOR THE PASTA—

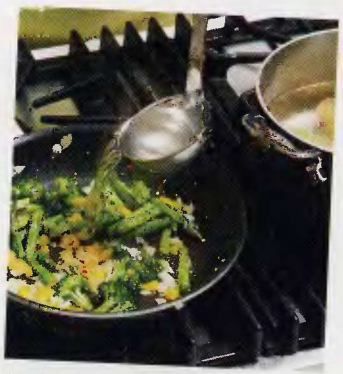
- 1/2 cup *each* broccoli florets and chopped asparagus
- 1/3 cup *each* diced onion and diced yellow or orange bell pepper
- 1 Tbsp. olive oil
- 1 tsp. minced garlic
- Pinch of red pepper flakes
- 3 oz. dry tagliatelle or linguine
- 1/2 cup cooking water from pasta
- 1 pkg. soft goat cheese, crumbled (3.5 oz.)
- 3/4 cup halved cherry tomatoes
- 1/4 cup frozen peas
- 1 Tbsp. chopped fresh parsley
- Salt and pepper to taste

FOR THE SEAFOOD—

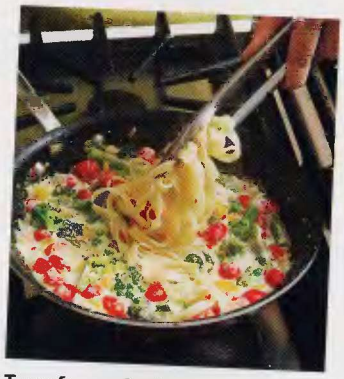
- 4 sea scallops, patted dry
- 4 jumbo shrimp, peeled with tails left on, and deveined
- 1 Tbsp. olive oil
- Minced zest of 1/2 a lemon
- Salt and pepper
- Lemon wedges

Cook broccoli, asparagus, onion, and bell pepper in oil in a nonstick skillet over medium heat until onion softens, 5 minutes. Add garlic and pepper flakes; sauté 1 minute. In a saucepan, cook pasta according to package directions. **Add** 1/2 cup pasta-cooking water to skillet; simmer vegetables until crisp-tender, 2–3 minutes. Stir in cheese; add tomatoes, peas, parsley, salt, and pepper. **Transfer** cooked pasta to skillet; toss pasta with sauce; cover to keep warm. **Heat** another nonstick skillet over medium-high heat. Toss seafood with oil, zest, salt, and pepper in a bowl. Sear scallops until browned on one side, about 2 minutes. Turn scallops over, add shrimp, and cook just until scallops and shrimp are firm, an additional 4–5 minutes. To serve, divide pasta between two plates. Top pasta with seafood; garnish with lemon wedges.

Per serving: 540 calories; 26g total fat (10g sat); 100mg chol; 46g carb; 338mg sodium; 5g fiber; 32g protein



Add water from the pasta and simmer until vegetables are crisp-tender, 2–3 minutes.



Transfer cooked pasta from water to skillet using tongs; toss with sauce and keep warm.

Heat skillet over medium-high. Sear scallops until browned on one side, then add shrimp.

herbed garlic bread

This delicious bread is a great go-along with any pasta dish.

Makes 2 servings (1/2 baguette)
Total time: 10 minutes

- 1 Tbsp. unsalted butter, softened
- 2 tsp. olive oil
- 1 Tbsp. shredded Parmesan cheese
- 1/2 tsp. minced garlic
- Salt and red pepper flakes to taste
- 1 6-inch baguette piece, halved lengthwise
- 1 Tbsp. chopped fresh chives

Preheat broiler to high; line a baking sheet with foil. **Stir together** butter, oil, Parmesan, garlic, salt, and pepper flakes in a bowl. Spread butter mixture on cut sides of bread. Arrange bread on a baking sheet. Broil until lightly toasted, 1–2 minutes. **Garnish** with chives. Slice to serve.

Per serving: 151 calories; 12g total fat (5g sat); 18mg chol; 9g carb; 147mg sodium; 1g fiber; 3g protein

ALL ABOUT GOAT CHEESE

Tangy goat cheese, or chèvre [SHEHV-ruh], traditionally is made with all goat's milk. Some brands use a portion of cow's milk for milder flavor. Goat cheese ranges in texture from soft (creamy and mild) to hard (drier and strong-tasting). Use a soft variety for this pasta sauce.

vegetarian

Meat lovers easily forget how satisfying a meatless meal can be. This eggplant dish offers a subtle reminder to focus more often on great vegetable entrées for dinner.

eggplant rollatini
with goat cheese & romesco sauce

Baking eggplant in the sauce gives this dish hearty flavor.

Makes 2 servings; Total time: 1 1/4 hours

- 1 eggplant (1 lb.)
- 4 Tbsp. olive oil, divided
- Salt and pepper
- 1/4 cup crumbled goat cheese (2 oz.)
- 1/4 cup low-fat ricotta cheese
- 1 tsp. fresh lemon juice
- 1/2 tsp. *each* minced lemon zest and fresh thyme
- 1/4 tsp. *each* red pepper flakes and salt
- 1/4 cup grated onion
- 1 Tbsp. minced garlic
- 1 cup chopped Roma tomatoes
- 1 cup chopped red bell pepper
- 2 Tbsp. dry white wine
- 2 tsp. tomato paste
- 1/2 cup fresh basil leaves
- 1/4 cup half-and-half
- 1/2 cup shredded part-skim mozzarella cheese (2 oz.)
- 1 Tbsp. chopped almonds

Preheat oven to 450°. Line a baking sheet with a cooling rack.
Remove stem and cut eggplant into six 1/4-inch-thick slices. Lay slices on prepared rack, brush with 2 Tbsp. oil, and season with salt and pepper. Roast eggplant in oven for 8 minutes per side; remove from oven and cover with foil.
Combine goat cheese, ricotta, lemon juice, zest, thyme, pepper flakes, and salt for the filling in a bowl.
Heat 2 Tbsp. oil for the sauce in a pan over medium heat. Add onion and garlic; cook 1 minute. Stir in tomatoes, bell pepper, wine, and tomato paste. Cover, reduce heat, and simmer 10–12 minutes, stirring often. Purée sauce in a food processor with basil and half-and-half. Season with salt and pepper.
Spoon 1/4 cup sauce into two small casserole dishes. Spread 1 Tbsp. filling on each eggplant slice, roll, then place three rolls, seam-side down, in each dish. Top rolls with more sauce, mozzarella, and almonds. Bake rolls until golden, 15–20 minutes.

Per serving: 667 calories; 50g total fat (18g sat); 67mg chol; 31g carb; 690mg sodium; 12g fiber; 24g protein

Brush both sides of eggplant slices with a light coating of oil. Season with salt and pepper.

Cook vegetables until soft to ensure a smooth finished sauce. Cover and simmer on low.

Spread filling on eggplant. Roll slices, starting at narrow end. Bake rolls in sauce with toppings.

roasted green beans

These crispy beans are a perfect foil for the soft eggplant rolls.

Makes 2 servings
Total time: 15 minutes

- 2 cups trimmed green beans *or* haricots verts (6 oz.)
- 1 Tbsp. olive oil
- Salt and pepper to taste
- Juice of 1/2 a lemon

Preheat oven to 450°.
Spread beans on a baking sheet. Toss with oil and season with salt and pepper. Roast for 10 minutes.
Drizzle beans with lemon juice before serving.

Per serving: 66 calories; 5g total fat (1g sat); 0mg chol; 6g carb; 5mg sodium; 3g fiber; 1g protein

GOOD FOR YOU
EGGPLANT

Botanically speaking, eggplant is a big berry, not a vegetable. A member of the nightshade family — along with potatoes and tomatoes — eggplant is low in calories (35 per cup) and has a fair amount of fiber (2.5 grams per cup). Its skin, though, is where eggplant shines. The deep purple peel contains an antioxidant that protects brain-cell membranes.

dinner mexicana

A FIESTA OF FLAVORS

Here's a Mexican meal that won't leave you missing the meat. Whether you call these cakes or patties, they're packed with beans, vegetables, and spices — in a word, tasty!

black bean cakes
with cilantro-scallion slaw

The secret ingredient in this recipe is ground corn-tortilla chips. They act as a binder, preventing the bean cakes from crumbling when cooked.

Makes 2 servings; Total time: 45 minutes

FOR THE SLAW—

- 1/3 cup sour cream
- 1/4 cup thinly sliced scallions
- 10 sprigs fresh cilantro
- 1/2 jalapeño pepper, seeded and chopped
- Juice of 1 lime
- 1 1/2 cups shredded cabbage
- Salt to taste

FOR THE CAKES—

- 1 can black beans, drained and rinsed, divided (15 oz.)
- 1 egg white
- 1/4 cup ground corn-tortilla chips
- 1/4 cup diced red bell pepper
- 2 Tbsp. grated onion
- 1/2 tsp. *each* ground coriander and chili powder
- Salt to taste
- 2 Tbsp. olive oil
- Lime wedges
- Fresh cilantro sprigs

Purée sour cream, scallions, cilantro, jalapeño, and lime juice for the slaw in a food processor. Toss mixture with cabbage. Season slaw with salt; cover and refrigerate.

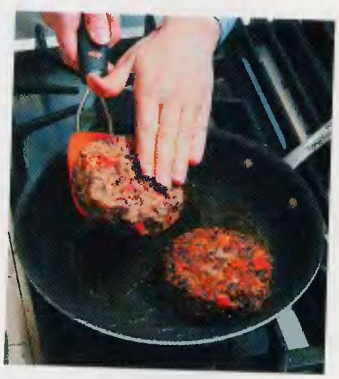
Mash 1/2 cup beans with egg white for the cakes in a bowl. Add remaining beans, chips, bell pepper, onion, coriander, chili powder, and salt. Refrigerate mixture for 10 minutes, then form into two 3-inch round cakes.

Sauté cakes in 2 Tbsp. oil in a nonstick skillet over medium heat until heated through, about 4 minutes per side. Top each cake with slaw. Garnish with lime wedges and cilantro sprigs.

Per serving: 534 calories; 25g total fat (7g sat); 26mg chol; 58g carb; 877mg sodium; 16g fiber; 19g protein

In a food processor, purée the sour cream, scallions, cilantro, jalapeño, and lime juice.

Using a fork, mash 1/2 cup black beans with the egg white for the cakes.



Sauté cakes in oil in a nonstick skillet over medium heat about 4 minutes per side.

mexican rice

Use the tip below to attractively mold this flavorful rice side dish.

Makes 2 servings
Total time: 25 minutes

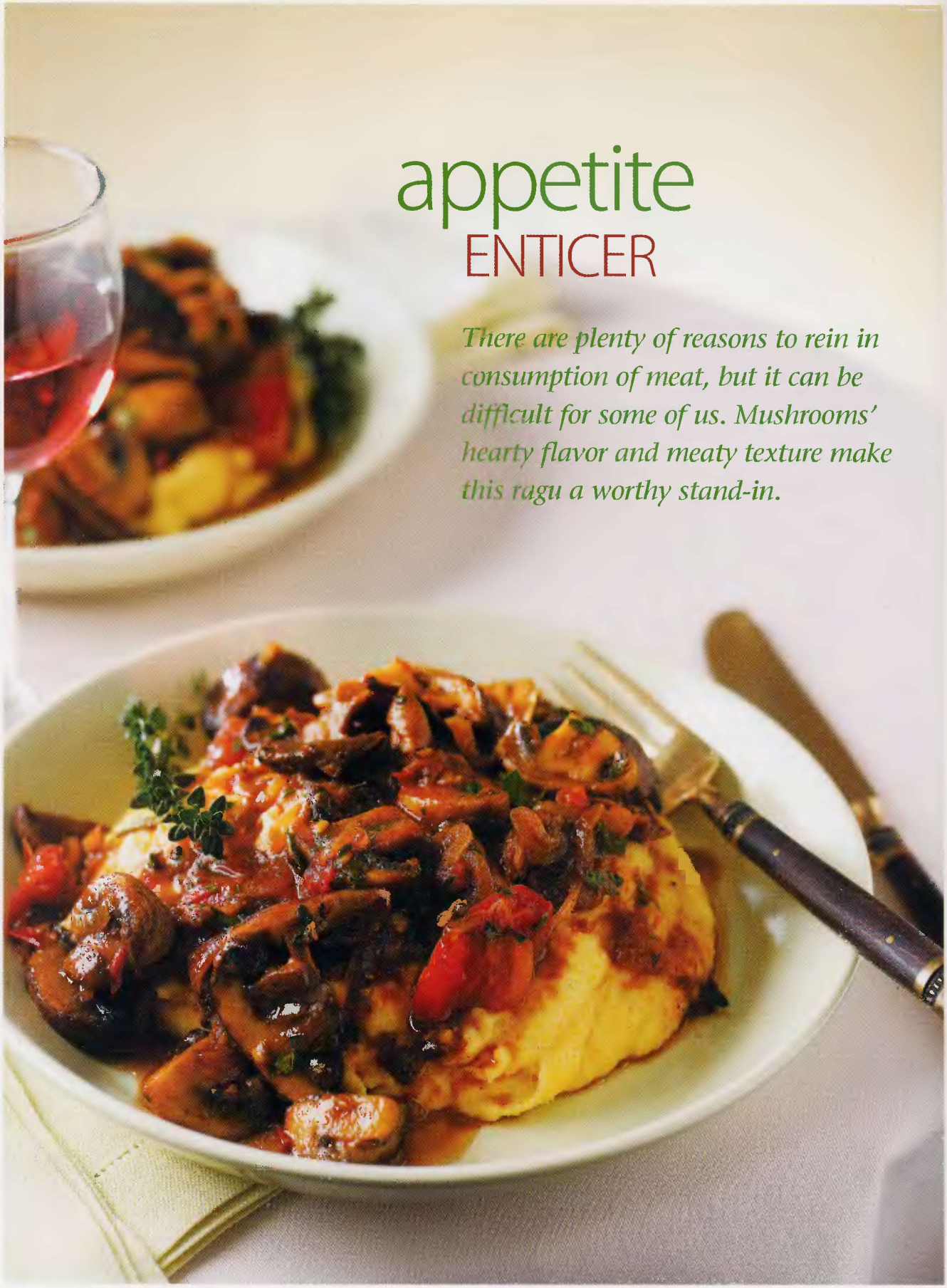
- 1/3 cup *each* diced onion, carrot, and celery
- 3 cloves garlic, thinly sliced
- 1 Tbsp. tomato paste
- 1/2 tsp. *each* ground cumin and paprika
- 1/4 tsp. cayenne pepper
- 1 Tbsp. olive oil
- 1/2 cup converted white rice
- 1 cup low-sodium vegetable broth

Sauté onion, carrot, celery, garlic, tomato paste, cumin, paprika, and cayenne in oil in a saucepan over medium heat for 2 minutes. Stir in rice and broth; bring to a boil. **Reduce** heat to low. Cover pan and simmer rice 20 minutes. Remove from heat, let stand, covered, 5 minutes. Fluff rice with a fork.

Per serving: 281 calories; 7g total fat (1g sat); 0mg chol; 48g carb; 564mg sodium; 2g fiber; 5g protein

ALL ABOUT SHAPING RICE

To give this dish a "restaurant" look, shape the rice using a 3- or 4-inch ring mold or biscuit cutter. First coat the inside of the mold with nonstick cooking spray, then center it on a dinner plate. Firmly pack rice inside the ring. Slowly lift the ring to separate it from the molded rice.



appetite ENTICER

There are plenty of reasons to rein in consumption of meat, but it can be difficult for some of us. Mushrooms' hearty flavor and meaty texture make this ragu a worthy stand-in.

mushroom ragu
with sherried tomatoes

Mushrooms make up the bulk of this sauce, and you really do need four cups! Don't skimp — they shrink a lot during cooking.

Makes 2 servings; Total time: 30 minutes

- 1/4 cup sliced shallots
- 2 Tbsp. olive oil, divided
- 1 lb. assorted mushrooms such as cremini, button, and shiitake, sliced or quartered (4 cups), divided
- 3/4 cup diced fresh tomatoes
- 1/2 cup low-sodium vegetable broth
- 1/4 cup dry sherry or Madeira
- 2 tsp. balsamic vinegar
- 1 tsp. tomato paste
- 1 Tbsp. chopped fresh parsley
- 1 tsp. minced fresh thyme
- Salt and pepper to taste

Sauté shallots in 1 Tbsp. oil in a large sauté pan over medium heat until soft. Increase heat to high, add half the mushrooms, and sauté until mushrooms are brown. Remove mushrooms from pan. Add remaining 1 Tbsp. oil to pan and sauté remaining 2 cups mushrooms. Return first batch of mushrooms to the pan.

Stir in tomatoes, broth, sherry, vinegar, and tomato paste. Reduce heat to low and simmer for 15 minutes. Sprinkle ragu with parsley and thyme; season with salt and pepper.

To serve, divide creamy polenta among two plates. Top each serving of polenta with ragu. Sprinkle servings with more thyme, if desired.

Per serving: 257 calories; 14g total fat (2g sat); 0mg chol; 24g carb; 278mg sodium; 2g fiber; 8g protein

Try a mix of cremini, button, and shiitake mushrooms. Sauté them in two batches.

Return the first batch of mushrooms to the sauté pan. Add tomatoes, broth, and sherry.

Sprinkle ragu with parsley and thyme just before serving so herbs stay a vibrant green color.

creamy polenta

This side dish is just right for soaking up juices from the ragu.

Makes 2 servings
Total time: 10 minutes

- 1 cup low-sodium vegetable broth
- 1 cup skim milk
- 1/4 tsp. ground nutmeg
- 1/2 cup yellow cornmeal
- 2 Tbsp. cream cheese (1 oz.)
- 2 Tbsp. grated Parmesan cheese
- 1 Tbsp. heavy cream
- Salt to taste

Bring broth, milk, and nutmeg to a boil in a saucepan over medium-high heat. Whisk in cornmeal; reduce heat to low, and simmer 5 minutes, stirring often. Fold in cheeses and cream before serving; season with salt.

Per serving: 270 calories; 11g total fat (6g sat); 33mg chol; 32g carb; 716mg sodium; 2g fiber; 11g protein

an american joe
GOES MEATLESS

Don't think the words 'vegetarian' and 'loose meat' belong together? Close your eyes and take a bite of this sandwich. You'll discover that meatless actually can taste great!

lentil sloppy joes
with lettuce & red onions

While this lentil recipe is good in a sandwich, it also can stand in as a great substitute for baked beans.

Makes 2 servings; Total time: 40 minutes

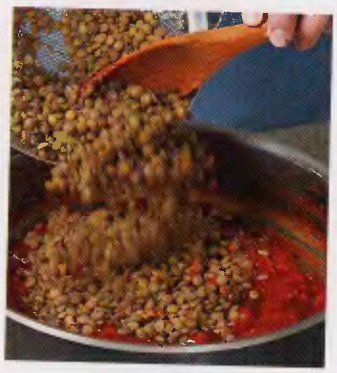
- 1/2 cup brown lentils
- 1 1/2 cups water
- 1/2 cup diced yellow onion
- 2 tsp. vegetable oil
- 2 tsp. minced garlic
- 1/2 cup ketchup
- 2 Tbsp. pure maple syrup
- 1 1/2 tsp. prepared yellow mustard
- 1 1/2 tsp. apple cider vinegar
- Pinch of ground ginger
- Tabasco sauce, salt, and pepper to taste
- Toasted whole-wheat buns
- Dill pickles
- Green-leaf lettuce
- Red onion rings

Sort through lentils, picking out stones or debris, then rinse lentils thoroughly. Add lentils and water to a saucepan, cover, and cook over medium heat until lentils are tender but not mushy, 30–40 minutes. Drain and set lentils aside.
Sauté onion in oil in a sauté pan over medium heat until soft, about 8 minutes. Add garlic and sauté 1 minute.
Add ketchup, syrup, mustard, vinegar, ginger, Tabasco, salt, and pepper. Simmer until sauce is thickened and darker in color, 8–10 minutes. Stir in lentils and simmer to warm through, 2–3 minutes.
Serve lentil mixture on buns with pickles, lettuce, and onions.

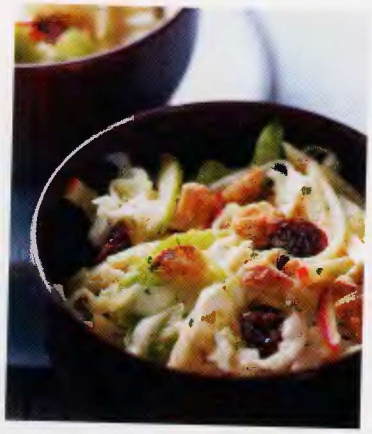
Per serving: 482 calories; 7g total fat (1g sat); 0mg chol; 92g carb; 924mg sodium; 11g fiber; 21g protein

Sort through lentils to remove stones or twigs. Then rinse lentils in cold water to remove any dirt.

Sauté onion in oil until softened. Add garlic and cook briefly, stirring constantly.



Simmer sauce until thick, then stir in cooked lentils. Cook to heat mixture through.



waldorf slaw with dried cherries

This sweet and crunchy slaw pairs well with the Sloppy Joes.

Makes 2 servings
Total time: 30 minutes

- 3 Tbsp. plain nonfat yogurt
- 3 Tbsp. light mayonnaise
- 1 Tbsp. honey
- 1/2 tsp. chopped fresh tarragon
- Juice of 1/2 a lemon
- Salt and cayenne pepper to taste
- 4 cups shredded cabbage
- 1/2 Braeburn apple, julienned
- 1/2 Granny Smith apple, julienned
- 1 rib celery, bias-sliced
- 1/4 cup dried tart cherries
- 2 Tbsp. chopped walnuts, toasted

Combine yogurt, mayonnaise, honey, tarragon, lemon juice, salt, and cayenne in a bowl. Stir in cabbage, apples, celery, and cherries; toss to coat. Top with walnuts before serving.

Per serving: 244 calories; 7g total fat (1g sat); 0mg chol; 45g carb; 194mg sodium; 10g fiber; 5g protein

GOOD FOR YOU
LENTILS

In parts of India, lentils are served at every meal — and it's no wonder. Lentils are an excellent source of protein, six minerals, two B vitamins, and fiber. At 16 grams of fiber per cup, they aid in digestion and help regulate blood sugar.

squash & onion STUDDED PANCAKES

On nights when you want something flavorful but not heavy, this vegetarian dish may be the answer. Served with a spicy diavolo sauce, these cakes offer plenty of flavor.

zucchini cakes
with parmesan cheese

These cakes will have the best texture if you shred chilled zucchini using the large holes of a box grater. Leave skin on the zucchini for color.

Makes 2 servings; Total time: 30 minutes

- 2 cups shredded zucchini
- 1/4 cup shredded onion
- 1/2 cup panko bread crumbs
- 1 egg
- 1/4 tsp. kosher salt
- 1/4 tsp. baking powder
- 2 Tbsp. olive oil
- Diavolo Sauce, (*see recipe, right*)
- Shredded Parmesan cheese
- Sprigs of fresh parsley

Strain shredded zucchini and onion in a salad spinner to remove excess moisture. Transfer vegetables to a large bowl; stir in panko.

Whisk together egg, salt, and baking powder in a small bowl; stir into zucchini mixture.

Heat oil in a nonstick skillet over medium heat. When oil is hot, drop mounds of batter into skillet using a 1/3-cup measure. Fry cakes until golden, about 4 minutes per side. Transfer cakes to a paper towel-lined plate.

To serve, divide Diavolo Sauce between two plates, and top each with two cakes. Garnish zucchini cakes with Parmesan and parsley sprigs.

Per serving: 299 calories; 18g total fat (3g sat); 90mg chol; 27g carb; 554mg sodium; 3g fiber; 8g protein

Shred zucchini down one side until you reach the seeds, then rotate to other side.

Zucchini is watery, so spin it and the onion together in a salad spinner to remove excess liquid.

Fry cakes in oil in a nonstick skillet. Flatten the mounds into cakes using the bottom of a cup.

diavolo sauce

Make the sauce before starting the zucchini cakes for efficiency.

Makes 2 servings
Total time: 20 minutes

- 1/4 cup *each* diced onion and red bell pepper
- 1 1/2 tsp. olive oil
- 1 1/2 tsp. tomato paste
- 1 tsp. minced garlic
- 1/4 cup dry white wine
- 1 cup canned diced tomatoes
- 1 1/2 tsp. white wine vinegar
- 1/2 tsp. red pepper flakes
- Salt to taste

Sauté onion and bell pepper in oil in a saucepan for 3 minutes. Add tomato paste and garlic; cook for 1 minute. Stir in wine, tomatoes, vinegar, and pepper flakes. Simmer sauce for 5 minutes. Season with salt. Keep sauce warm until ready to serve.

Per serving: 100 calories; 4g total fat (1g sat); 0mg chol; 9g carb; 324mg sodium; 2g fiber; 2g protein

GOOD FOR YOU
ZUCCHINI

Zucchini is the ubiquitous summer squash, but don't ignore this gem. It's a good source of vitamin C. Zucchini is an ideal food to include in your diet, especially if you're interested in losing weight or maintaining your current weight. Not only is zucchini high in nutrients, it's also low in calories.

desserts for two

Dinner isn't complete without something sweet. From this sublime Chocolate Soufflé to the juicy fruit-filled Mango Crisp on page 97, we've put together these dessert recipes designed especially for two.

chocolate soufflés
with kahlua & cinnamon

These rich, cinnamon-laced chocolate soufflés are totally decadent and over-the-top — just perfect for occasions when you want to indulge.

Makes 2 servings (2 soufflés); Total time: 45 minutes

- Unsalted butter and sugar
- 1/3 cup bittersweet chocolate chips
- 2 Tbsp. milk
- 1 tsp. coffee-flavored liqueur
- 1/2 tsp. instant espresso powder
- 1/2 tsp. cornstarch
- 2 tsp. sugar, divided
- Pinch of ground cinnamon
- 1 egg yolk
- 1/8 tsp. vanilla extract
- 1 egg white
- Pinch *each* cream of tartar and salt
- Whipped cream
- Chopped pecans

Preheat oven to 400°.
Coat two 6-ounce soufflé cups with butter and sprinkle with sugar. Chill cups on a baking sheet while preparing batter.
Melt chocolate chips with milk, liqueur, espresso powder, cornstarch, 1/2 tsp. sugar, and cinnamon in a saucepan over medium heat, whisking until smooth.
Combine egg yolk and vanilla. Whisk yolk mixture into chocolate mixture. Cook 2 minutes, remove from heat, and cool to room temperature.
Using an electric mixer, beat egg white with cream of tartar and salt on high speed until soft peaks form. Gradually add remaining 1 1/2 tsp. sugar; continue beating until stiff peaks form (whites stand up when beaters are lifted from bowl). Using a whisk, blend whites into chocolate mixture until there are no streaks. Fill prepared cups with batter. Bake on the baking sheet until soufflés puff, about 20 minutes. Test for doneness by inserting a skewer into the center of a soufflé — soufflé is done when skewer comes out clean or slightly moist.
To serve, cut a small slit in top of each soufflé. Pour Dulce de Leche Sauce (*see recipe, right*) into soufflés, allowing sauce to pool and drip down sides.
Garnish soufflés with whipped cream and pecans. Serve immediately.

Per soufflé: 204 cal; 10g total fat (5g sat); 91mg chol; 26g carb; 51mg sodium; 0g fiber; 5g protein

Combine egg yolk with vanilla, then whisk into chocolate mixture; cook 2 minutes.

Gradually add sugar to egg white, beating on high speed until stiff peaks form.

Whisk the beaten egg white into the chocolate mixture until there are no streaks.

dulce de leche sauce

Dulce de leche is a Mexican-style caramel sauce.

Makes 2 servings (1/4 cup)
Total time: 10 minutes

- 1/4 cup heavy cream
- 1/4 cup packed brown sugar
- Pinch *each* salt and cinnamon
- Dash of vanilla extract

While soufflés bake, boil cream, brown sugar, salt, and cinnamon in a saucepan, whisking constantly, until liquid is reduced to 1/4 cup, about 3 minutes. Off heat, whisk in vanilla. Serve sauce hot. Sauce may be made ahead and reheated before serving.

Per serving: 193 calories; 11g total fat (7g sat); 41mg chol; 25g carb; 11mg sodium; 0g fiber; 1g protein

vanilla-basil rice pudding
with honey-soaked raspberries

Credit the creaminess of this pudding to arborio rice, the starchy short-grain rice used in risotto. The fresh basil and orange zest really perk up the flavor.

Makes 2 servings
Total time: 35 minutes

- 2 Tbsp. honey
- 3/4 cup fresh raspberries
- 1 cup 1% milk, divided
- 3/4 cup water
- 1/2 cup arborio rice
- Pinch of salt
- 1/3 cup low-fat sweetened condensed milk
- 1 egg yolk
- 1/2 tsp. minced orange zest
- Seeds from 1/2 a vanilla bean
- 1 1/2 tsp. unsalted butter
- 1 1/2 tsp. minced fresh basil
- 1 Tbsp. chopped pistachio nuts

Heat honey in a bowl in microwave oven until thinned, 20–30 seconds. Toss with berries and set aside.
Simmer 3/4 cup milk, water, rice, and salt in a saucepan over low heat, covered, for 15 minutes, whisking every 5 minutes.
Combine remaining 1/4 cup milk, condensed milk, yolk, and zest in a bowl. Whisk in 1/2 cup cooked rice. Add yolk-rice mixture and vanilla seeds to remaining rice in pan. Whisk constantly over low heat until pudding thickens, about 5 minutes.
Off heat, stir in butter and basil. To serve, divide half the raspberries between two dessert dishes or stemmed glasses. Top each serving with warm pudding; top with remaining raspberries and garnish with chopped pistachios.

Per serving: 438 calories; 8g total fat (4g sat); 124mg chol; 81g carb; 124mg sodium; 1g fiber; 13g protein

Combine 1/4 cup milk, condensed milk, yolk, and zest in a bowl; whisk in 1/2 cup cooked rice.

Stir yolk-rice mixture back into rice in pan; add vanilla seeds. Cook until pudding thickens.

mango crisp with raspberries & almonds

Makes 2 servings
Total time: 45 minutes

- 1/2 lb. fresh or frozen mango, diced into 1-inch cubes (1 1/2 cups)
- 1 1/2 tsp. sugar
- 1 1/2 tsp. cornstarch
- 2 tsp. lime juice
- Pinch of salt
- 3 Tbsp. rolled oats, pulsed in a food processor
- 2 Tbsp. sugar
- 4 tsp. all-purpose flour
- 4 tsp. cold, cubed unsalted butter
- 2 Tbsp. sliced almonds
- 1/2 tsp. almond extract
- 1/4 cup fresh or frozen raspberries

Preheat oven to 350°. Line a baking sheet with aluminum foil.
Toss together mango, 1 1/2 tsp. sugar, cornstarch, lime juice, and salt for the filling; set aside.
Combine oats, 2 Tbsp. sugar, and flour. Cut in butter with a pastry blender or fork until mixture resembles coarse meal. Stir in almonds and extract.
Divide mango mixture between two 3/4-cup ovenproof baking cups. Sprinkle each with half of the raspberries and top with oat mixture.
Bake crisps on prepared baking sheet until topping is golden and fruit is bubbly, 30–35 minutes. Cool crisps slightly before serving.

Per serving: 275 calories; 12g total fat (5g sat); 20mg chol; 44g carb; 2mg sodium; 3g fiber; 3g protein

Pulse oats in a food processor, combine with sugar and flour, then add to the butter and blend.

Divide oat mixture between baking cups. Bake until topping is brown and fruit is bubbly.

espresso sundaes with chocolate curls

This less-is-more dessert makes a great pick-me-up to finish any meal.

Makes 2 sundaes
Total time: 10 minutes

- 4 small scoops vanilla ice cream
- 2 Tbsp. espresso, divided
- 2 tsp. purchased chocolate sauce
- Chocolate curls

Assemble sundaes in two martini or champagne glasses. Place two small scoops of vanilla ice cream in each glass. Pour 1 Tbsp. espresso over ice cream in each glass, then drizzle with 1 tsp. cold chocolate sauce. Garnish sundaes with chocolate curls.

Per sundae: 252 calories; 14g total fat (10g sat); 65mg chol; 25g carb; 54mg sodium; 0g fiber; 4g protein

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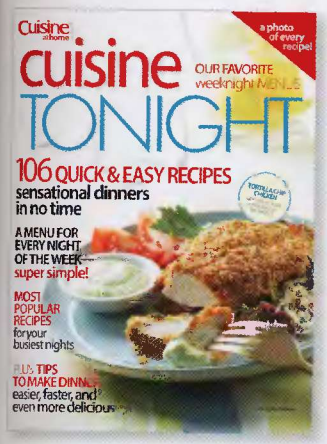

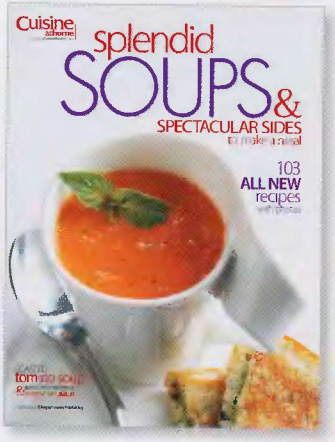

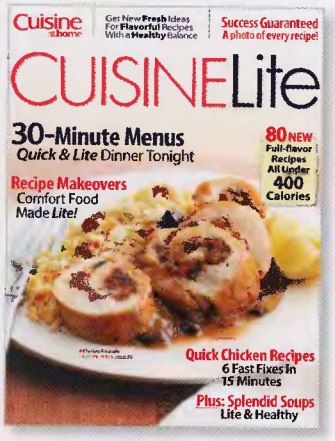

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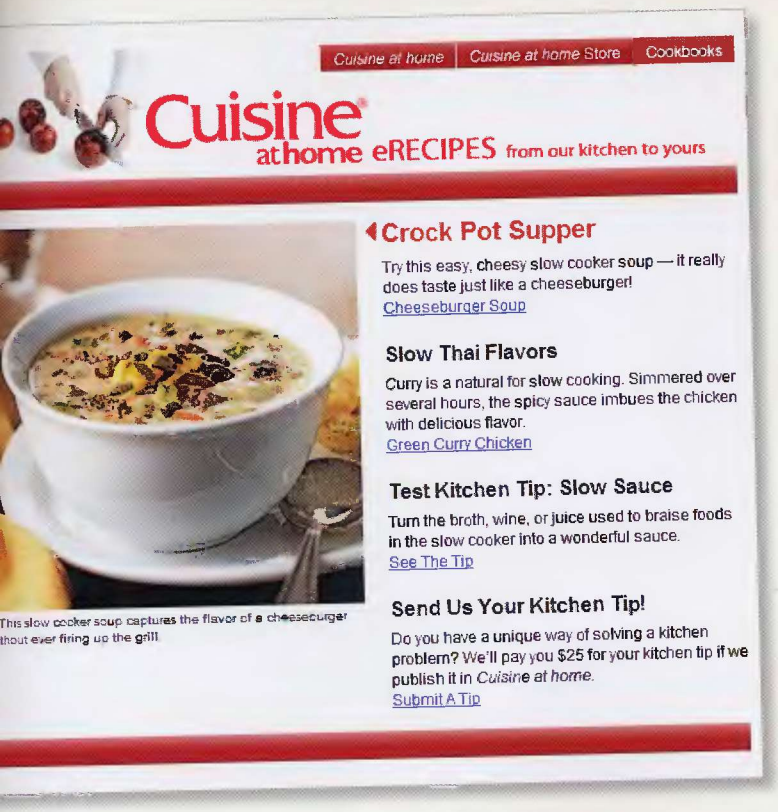

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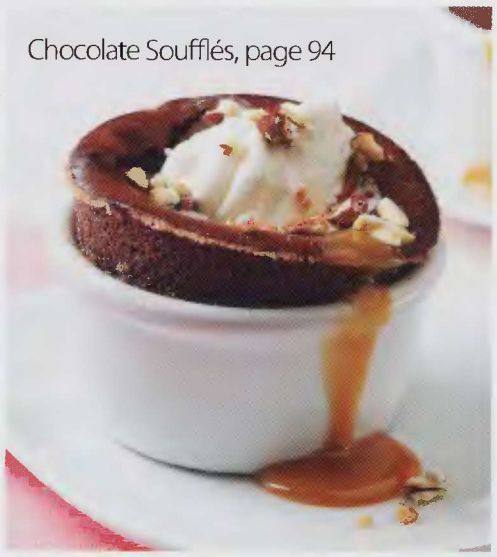

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Something sweet for two!
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